

Grass Roots

Craft and self-sufficiency

For down to earth people

flow

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New Zealand Edition

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Alternatives

Beadmaking

Orphan Lambs

Food Allergies

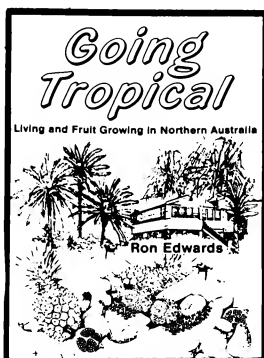
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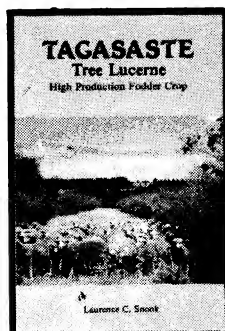
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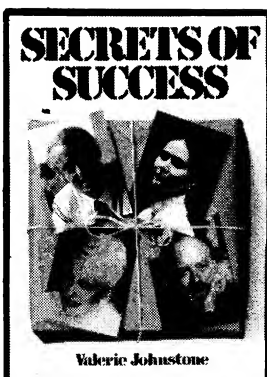
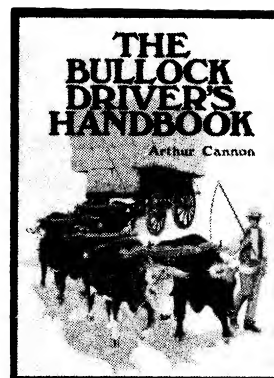
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Front Cover: Living without mains power — 'an interesting and at times frustrating challenge', writes Geoff Bradshaw, pictured here. Since moving onto land in the foothills of the Dandenong Ranges in Victoria, over two years ago, Geoff has discovered there is much more involved in generating your own power than is first apparent. On pages 27-8 he shares some of the experiences and insights he has gained with us all.

Back Cover: Sheep behaviour, dog behaviour, this issue has them both. We conclude our fascinating article on sheep behaviour this issue with observations on mating, twinning and training leader sheep. Should your problem be dogs, not sheep there is something for you too. Obedience training enthusiast Brigitte Krum demystifies this practice for us and explains that all dogs, even those who chase chooks or won't chase sheep can be taught to be obedient, functional and happy animals.

Distributed to newsagents by Gordon & Gotch.

Feedback Link-Up Feedback

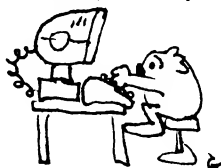
Dear Readers,

We are a married couple (60s young) looking for anybody to caretake garden. Own animals OK and room for pigs, fowls and garden. Spare caravan available. This is on a farmlet near sea. Young or old okay.

Box 180
RAVENSTHORPE 6346
Ph: 098-383-070 (keep trying).

Dear GR Readers,

I wrote a letter a couple of years ago, offering my services on a farm on a work-for-keep basis and gained valuable experience from working with the respondents, so I thought there might be some more readers who are interested in the idea. I am a member of the WWOOF (Willing Workers On Organic Farms) organisation, travelling to all parts of the country to see the countryside, meet people and gain farming experience. I have found it so enjoyable that I am close to exhausting the list of farms after nearly two years. I am not fussy about the type of farm work I do, and I would also be interested in doing building work, as I have two years' experience in various building trades. I envisage travelling through the eastern mainland states through the first half of 1987. My normal stay is about a week. I'm 25 years old. Please write if you're interested.



Michael Warmington
C/- PO
COBARGO 2547.

Dear Grass Roots Friends,

I would appreciate any information relating to slow combustion wood fuel stoves — particularly the names and merits of each brand, accessibility of such, retail outlets, instructions on care of stove, hints for cooking different foods, and types of timber to use in different situations. Thanking you in anticipation. God bless you.

Robbie Hynes
C/- Post Office
DANGAR ISLAND 2253.



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SHEPPARTON 3630.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

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Dear Grass Roots,

I would like to hear from any readers who may have, or have heard of beekeeping with native bees. Any information received would be greatly appreciated with hearty thanks.

Sean Thompson
51 Quinn St
TOOWONG 4066.

Dear Folks,

Have you ever read through the Feedback pages and thought 'Oh, yes! I must reply to that query,' and never done anything about it? Well, this is a guilt letter to make up, in a small way, for the times I have done just that!

All of the following are for queries in GR 58, December, 1986. The first is for David Pickering, but like all of them, the answer is probably appropriate to others as well. David, you will find a Soil Association in every state which is active in the promotion of the maintenance of species of food and other plants. There is also the Henry Doubleday Research Institute, whose address is in GR 58, page 88. I know that more than ten years ago, several varieties of cider apple, including Foxwhelp, Stoke Red, Kingston Black and others were imported by a Sydney firm, marketing under the name 'Strongbow' Cider. Whether they are still growing, and where, I have no idea, but you might try and chase up the company.

For Shane Stottenberg, the instrument you seek is a 'fro', a large knife with the handle set at right angles to the back. It was set on a block of wood end-grain on, and struck with a mallet or mawl, depending on its size, so that the block split lengthwise. Froes were (and are) used in various sizes for splitting all types of wood into slats, shingles and shakes. For further information see your local library, which may have copies of the books *The Complete Book of Tools*, by Albert Jackson and David Day, published by Michael Joseph, London, ISBN 0 7181 1737 9, or *The Illustrated Encyclopaedia of Woodworking Handtools, Instruments and Devices* by Graham Blackburn, published by Simon and Shuster, New York, ISBN 0 671 21874 3.

To Penny of West Rosebud, the system you describe is 'biodynamic' gardening and farming, and despite the strange-sounding procedures, achieves spectacular results even in a commercial operation. Your local library should be able to react to the phrase 'biodynamic farming and gardening' in an eventually positive manner!

To Mountain Lover, of Elizabeth Fields, there are similarly 'stuck' people closer to you than you think, Lady! There is one family down here at O'Sullivan Beach who will be happy to chat to you. We are on 382-2297 all hours. It's a local call, despite the pips! Ring us, and say 'Kia-Ora!' some time.

And another local one, from Beverley and Robin Paine of Springton, about education and sustainable communities in SA. These two are subjects with which we have had some experience, and may be able to pass on to you some ideas based thereupon. You too are also cordially invited to give us a call. Unfortunately, I am at present employed on a seven-day twenty-four-hour basis, and we can't get about as freely as we would like, so the Days' place is almost perpetually 'open house'.

To everyone else, 'Blessed be', and keep up the dreaming. It will all come into manifestation at the right time for you, and in the most appropriate way. Remember, anything fixed cannot move in any direction, and this applies particularly to a mind!

John Day
29 Baden Tce
O'SULLIVAN BEACH 5166
Ph: 08-382-2297.

Dear Readers,

Over the last 10 years my husband and I have built our home and sanctuary in the forest of Tasmania. We live a self-reliant lifestyle and are isolated with four-wheel-drive access, which brings the need to educate our children at home. I would be very interested in hearing feedback from people who are teaching their own children and what form of education they chose. We have tried correspondence schooling which seems very out-of-date with today's method (especially with early learn-to-read books) and stifled by paperwork. Are there any alternatives?

Wendy Sedgman
PO Box 507
ULVERSTONE 7315.

Feedback Link-Up Feedback

Dear GR,

My wife Gwen and I have been reading GR for a number of years and this is the first time we have ever written a letter to feedback. We feel that you are our friends and would like to thank Meg and David for making it all possible. Gwen and I are in our fifties, but are building our own mudbrick home. We poured the footing last weekend and hope to pour the slab in four to six weeks time. We have been inspired by tales in GR, so thanks everybody. By the way, is there anyone with a hand mill flour grinder at a reasonable price?

**Gwen & Harry Josling
BUNGONIA 2580.**

Dear Grass Roots Readers,

Does anyone in the SW of WA have any helpful information on long-term rental housing in a rural community, the availability of schools both alternative and state, and employment prospects in their area? also I want penfriends in the SW who are interested in permaculture, goat keeping, horses, for farmwork, and other agricultural info/activities. My partner, our three children and myself are at present living near Perth on the smell of an oily rag and would dearly love to move to a more harmonious community lifestyle. Rents here are now beyond our means. At present we are 'living' adjacent to a large quarry and crushing plant — not exactly a healthy environment to raise one's family, poultry and garden!

**Peta Sargison
Lot 67 Campersic Road
HERNE HILL 6056.**

Dear Robert,

We, my husband and I, have just read your very interesting article on 'An Alternative Loo' (GR 58) and it appears to be just what we need on our scrub block. It is a bit much emptying the old tin can every week, even if there are only two of us. We hope to build eventually, but for the time being your idea seems to be our answer. Just one thing. Would you please tell us why you dug such a large hole and put the drum in surrounded by stones and gravel? Looking at your sketch it doesn't seem to serve any practical purpose, as you have an in-flow and out-flow pipe in the drum. Why not just put the drum straight into the ground? We are sure there must be a reason and would appreciate it if you could spare us a few minutes to explain.

**Rhonda & Ken Michael
PO Box 97
BUNDABERG 4620.**

Dear GR Readers,

We are writing in the hope that someone might give us some new ideas, or even just write a few lines to lift us out of our stifling suburban existence, even briefly. My husband (Kerry) and I had a house and small acreage in SW WA, with chooks, organic vegies, and heaps of fruit trees, not to mention a small daughter to share it with. We were settling in and making friends when after only six months Kerry had a car accident and broke his neck. Money was scarce, and myself being eight weeks pregnant, I reluctantly sold the property. At the moment we are forced to live in Perth, as Kerry still is somewhat disabled and we have another new daughter who is still a little young to 'rough it' yet. We have talked about moving into a share community but it seems they are nearly all in NSW. Does anyone know of any in south or southwest WA? Alternatively, we would love to hear of anyone with a farmhouse to rent (it would have to be \$50 per week or less at the moment) or animals and gardens to look after on a small property in return for cheap rent and dedicated tenants. We do not need a good water supply. Kerry should have been a quadriplegic but has miraculously escaped with some loss of feeling and an unco-operative left leg. He walks (still slowly) with an elbow crutch but is a determined sort and enjoys beating the odds. I am a registered nurse but hope not to be forced back to work until our second daughter is weaned. We have read GR since its early days and it never fails to inspire us. Since we've lived back in the city, with neighbours who burn off every day and have loud and drunken parties, it's hard to read GR without becoming nostalgic for the quiet life, chooks and our 'space'. Any letters, even chatty ones, will be answered and any information about share communities, will be much appreciated. Hope to hear from anyone of GR mentality.

**Trish, Kerry, Tahl & Abbey Mitchell
19 Harris Way
BALGA 6061.**

Dear Peace-loving People,

You may have heard of our battle to maintain this small coastal village free of development. The 200 or so people here have managed to stop the shire's plans to supply us with unneeded reticulated water and bring in thousands of people. Red Rock was reported on *The Investigators* as a community of self-reliant people enjoying the pure rainwater we collect from our roofs as opposed to the expensive, chemically treated product from Coffs Harbour.

Would you like to be part of a few people I hope to draw together here to protect the environment and give one another support in our development as creative, fun-loving people dedicated to bringing about a peaceful planet? I would like to have about six adults living in two beautiful houses within a few minutes walk to the ocean, view of the estuary and sea, 30 minutes drive to Coffs.

My thoughts go to people mostly 45 or older, though younger folk who have maturity might fit in too. We would be committed to on-going personal growth experiences, and to shedding many of the relationship hangups which hinder our development. I would like to draw folk with proven skills in writing, theatre, visual arts, media, and music who are willing to give some of their time to using these talents to preserve the most endangered species: humankind.

Sounds idealistic? Impossible? Beyond our capabilities? Well, these are times for boldness and quiet determination to do even what little each of us can. Lest this seem too elitist, we could, of course, use one or two people with practical skills, who might also want to buy some land in the hills overlooking the ocean and enjoy the walks along the 60 km of national park land immediately to the north, and surfing and boating. There are still some blocks for sale facing the nature reserve and wildflower heaths, and I would love to have earth-loving people here as friends. Write Lands Department, Grafton 2460 for information.

It's 'mod-cons' here, though simple: furnished houses with hot water, television, town electricity, sauna, bush gardens, quiet street. Private space, but shared activity room, kitchens. Weekly programmes are produced here and sent on tape to three community radio stations on the Mid-North Coast. Workshops held occasionally on massage, healing, meditation, conservation.

Me, well, I'm not living with a partner in an intimate relationship; I'm past 60 and open to a new kind of extended family fidelity, away from the isolated nuclear family, yet containing commitment and compassion. Get my highs without drugs; meditate; do yoga; teach massage, meditation, radio production; do some co-counselling; write; organise peace workshops; help community groups be more effective and aware of internal dynamics. I'm trying to withdraw a bit, though, and looking for others to keep up the activity.

**Francis Wigham
Banksia Institute
Box 6
RED ROCK 2456.**

Dear Grass Rooters of the North East,

In April and May my family and I will be visiting the region from north of Townsville to Cooktown and inland as far as Chillagoe. We would be interested to hear of land for sale (30-1000 acres) and also shares for sale in Christian community projects. We will sell our ten-acre block and house as a going concern within the next eighteen months so anyone wanting to move to an area with permanent work available please contact us.

**R. & D. Clews
3 Orion Tce
River Ranch Estate
CALLIOPE 4680.**

Dear Readers,

If you are going to marry an Asian please make sure that you understand the person's ethnic background. I have seen many marriages break-up, because the Western man has not understood the vast cultural difference that lay between the two races. Please don't expect your wife to accept immediately all your Australian customs. Be to her faults a little blind. Be to her thoughts a little kind. Most Asian women make good and happy wives, but please learn some of their customs and you will notice a big difference in both of your lives.

RAFAL

Feedback Link-Up Feedback

Hello GRs,

Browsing through back numbers I'm struck by the similarity of needs and queries of folk living, or wanting to live, this good and useful alternative life, and their willingness to co-operate, and share ideas. Great! A couple of thoughts for people slaving and saving (or just hoping) for their own piece of 'green-earth heaven'. If you're young and want to leave something good behind for your kids, that's the way to go. But what of the older folk who've finished their rat-race, are on a pension, feel trapped in suburban noise, with, worst of all, nothing to do, and keep hoping for a win in the lottery to get them 'out bush' to a garden, chooks, maybe a dog or a goat and peace and quiet? Been there, done that! I didn't win any casket, but I got lucky with a beaut family who own this bush property I've been on for six years now. Six miles from a country city, minutes in the old Falcon.

I've made a good start. 'Cleaned' an acre or so, put in a little dam, built a shack, got a couple of tanks of rainwater, a garden started. No power, but gas fridge, phone, kero pressure lamp, wood fire; next steps, a better fowl-house to keep goannas out, my old 'one-lunger' going to pump water up from the dam, then start the little rotary hoe up again to enlarge the garden, then... vegies, eggs, and roast chook galore! Maybe next year a cow.

Sound good? Sure is! I'm here for life, the way I like to live it, and the owners worry about the rates. Before I 'hop the twig', I would like to be able to leave this place better for my having been here, as some thanks to the family. I don't 'hafta nothin'. I just want to.

Looking through GR mags, and discounting any rare opportunists looking for free 'serfs', you'll find genuine nice landowners who would love to have resident hermits on their blocks. Let's face it, they're happy that you're there to slip down and see to their chooks and pets for a while. No worries. Even as a resident hermit, I'm in the same boat. Happy as I am here, I'd love to be able to get away for a couple of weeks now and then with my family of grown kids. If I had some like-minded old bloke to share and enjoy this place with me, I could do that, and the same for him when he, too, needed to visit away. I say 'he' because I've found, sadly, that this rough camp is no place for a lady, even a lot of men. So what about it, town-weary bushies (and pensioner-seeking landholders, too)? Drop me a line. We may be able to get together on this.

One thing more; someone recently wrote in for a remedy for scouring in calves. Warning. Watch for blood. It may be 'blood scours' (Rotavirus). Very contagious, and frequently fatal. If so, isolate the (emptied) pen, and carefully decontaminate it. Small judicious applications, patch by patch, of fire on the ground. Diesel with a touch of petrol, but use carefully, or a liberal layer of powdered hydrated lime, left for some months. If feeding separated milk, remove froth. The best organic bush remedy I know is to use about four or five immature seed pods from the tree-growing arrowroot orchid (*Cymbidium canaliculatum*) common in eucalypt forests, ½ lb of sap from 'wounds' (blaze marks, etc.) on ironbark, bloodwood, wattle, and about a pound weight of *sidra retusa* plant (roots and all). Pound all thoroughly, cover with water and simmer well. Bottle it, give two tablespoons, as is, per dose.

And Kathy and Melanie. I'm still puzzled. Did a third party play smart-alec games, as I suspect? Happy living, GRs. Shalom.

Thomas
C/- 15 Willmington St
NEWMARKET 4051.

Hi Folks!

How's life for all you GRs? We're a family of four, actually four and a half — our next little co-inhabitant arriving in March. We've recently taken a big step and purchased 60 acres at Berry on the south coast NSW. At present we're researching building options (mudbrick holding prime place) and power options. Council wants to charge \$11,000 to bring power to the boundary. Yes; as you may have guessed, we're a little less than impressed. We're checking out alternative energy systems and would love to hear from GRs who have opted for such systems. We've plenty of sun and wind to harness. We'd also love to hear from any mudbrick owner builders close to Berry who could give some advice or ideas. We'd be interested in sharing labour.

Allergy sufferers take heed! Our family too is dealing with allergy problems. Mal is 'on bad terms' with wheat, dairy products, eggs, yeast, oats and millet. If you need some recipes, ideas or support drop us a line.

Di & Mal Robertson
C/- PO Box 14
ALBION PARK 2527.

Dear Grass Roots,

I am an Australian male (47, 5'7", 10½ stone, fair, with beard. A practical academic who is able to repair a car and built a boat, yet recognise need, extend compassion and reach out to touch. I grew up on a farm but now live on my boat (with my siamese cat whom I love very dearly), I love sailing and the sea, the country and bush-walks, am definitely not rich, do not smoke, and would probably drink a bottle of wine a year. I consider myself loving and gentle and value feelings and emotions amongst the most important things in life. I am able to listen to another point of view but like mine to be heard, am quiet and a little reserved, but tend to be a leader. My general health is excellent but I am allergic to some foods. I am a volunteer counsellor with 'Lifeline'; my background is medicine and psychology, I teach adults but am myself a student (of naturopathy), my birth sign is Pisces, my car is old but tidy.

The lady that I need will value honesty, integrity, and genuinely open but gentle communication. She will have probably learnt and grown from a previously unsuccessful relationship and will have a genuine need and desire to experience intimate sharing with a 'special person'. She will be mature and wise enough to understand that the most caring relationship will have its demands and rough patches and to realise that the humble giving of oneself during these times is the vital cement that nurtures real bonding. I write this letter in openness and with sincere effort to represent myself as I am — my needs are for a single and equally sincere person who can love and be loved and with whom there is that vital chemistry.

Roy (Lee)
C/- 14/27 Dee Why Rd
DEE WHY 2099
Ph: 02-944-368.

Dear Grass Roots Readers,

Although to date my life has followed a pretty typical pattern of accepting the mores of a society based on the 'collective wisdom of individual ignorance', I've become increasingly discontented with this existence and for some time have been looking at the alternatives. With a mind opened at an early age by my father who has studied an amazing and fantastic array of man's philosophies, I have glimpsed a golden thread that links them all and is perhaps best embodied by the Zen ideal of 'warmth, food, shelter and all else is vanity'. To follow this ideal it has been my plan to secure a property with the right characteristics to help ensure my success in the venture of a self-sufficient farm. After looking at many properties it has become clear to me that I don't really know what those characteristics are. Do I need a permanent creek or even a river? How many hectares would be needed to provide subsistence self-sufficiency? What type of soil is best — well drained granite for fruit trees or rich basalt for vegetables? And once these are answered, what about all the questions as to what really needs to be grown and what else is needed for healthy living? When answering these questions it needs to be kept in mind that I'm only interested in subsistence living and as such my only money would come from a reserve established over the next ten years (the approximate time I've allowed before I completely set up and move onto the place). While pondering these many problems it occurred to me that instead of virtually guessing the answers there must be others who have followed a similar path and are therefore a valuable source of knowledge. This then is the crux of the lengthy prelude, and I would be indebted to you for any leads you could provide including book titles.

John Hill
14 Redmill Close
CHELTENHAM 2119.

Dear GR Readers,

I am a high school student of 16 years and I am deeply interested in natural organic country living, fruit and vegies and keeping animals. I would really like to live in the country but at this stage I can't afford to. I often dream of having a place in the country. I would like to live in a bus. I'd need to cook and have electricity. Has anyone heard of 'pedal power'? You can generate electricity by riding a parked bike and the energy is stored in a battery ready to run 12-volt items. Could someone please advise me. Also, any information on simple cooking appliances to use in a bus would be appreciated. Nothing too big or technical please. If anyone can help in anyway, even by telling me their experiences of country living, I would be very grateful.

M.B.
13 Margaret St
FOOTSCRAY 3011.

Feedback Link-Up Feedback

Dear Grass Roots People,

My husband and I commenced a working holiday around the country early in March this year. Originally from Brisbane, we were in Mackay when a friend introduced us to GR. We were hooked immediately, and soon after bought our first magazine. The idea of lending a hand around a farm in exchange for food appealed to us, so we answered one of your letters. Gloria and John Christie live near Woodstock outside Townsville and there we stayed for five months and learnt much. Bill, my husband, built pig pens and moveable chicken pens, and we both expanded our limited knowledge of farm animals and procedures. We are at present staying on a lychee farm near Tully. Bill is learning about bananas this time, and we do a bit of work here and there in exchange for power and water. It suits us as we can use the property as a base to explore the surrounding country. And it is certainly beautiful up this way. This seems to be the ideal way to travel, see the true country and meet people, so we would love to hear from anyone who wants a hand, or even someone who needs a holiday or rest and would like a reliable couple to caretake for a few weeks or months. If you wish, we would be prepared to meet and let you make your own judgement before a firm commitment is made. We have Christie's permission to use their name should you want a character reference. Their address is C/- PO, Woodstock 4816.

Our qualifications, for which we have written references, are: Bill — conveyor belt splicer by trade, welding, sheetwork, hydraulics. Licenses for fork lift, 'C' class truck, open bike license. He also has a good general ability to make and fix things with a limited amount of supplies. Lyn — qualified fitness instructor/gym supervisor/aerobics teacher, all types of office work (accounts, reception, switchboard, typing, shorthand, VDU operator and computer experience), child minding, cook (including bread making) for up to 12 people. There are obviously lots more things we can do, but don't have written references for. Bill is 42, I am 36. We have no children and no time limits. At the moment we look like staying in North Queensland until after the wet season ends (April 87) and will then head around the gulf to Darwin. Could we please limit replies to these areas as we shouldn't like to make promises too far away at this stage. When we arrive in NT, I will write again. Our interests include fishing, we don't smoke and try to follow a modified Pritikin diet and lifestyle. Now you have a general idea of us. We have travelled a lot during our 17 years of marriage and can adapt to just about any situation (both Gemini). Mail is forwarded regularly from our Brisbane address. Peace to you all.

**Lyn Howlett
48 Downes St
EKIBIN 4121.**

Dear GR Readers,

For many years I have read magazines and books on various aspects of alternative lifestyles and technologies but have had very little opportunity to gain practical experience in this area. What I am now looking for is just such an opportunity, to serve an 'apprenticeship', preferably by working on a small farm or in a community, where the emphasis is on subsistence rather than production for sale and profit. I am a position to support myself for a reasonable period, and have a variety of skills from a metal trades background that may also be of use. Please contact me if you can make available to me this opportunity.

**Paul
18 Pacific St
CAVES BEACH 2281.**

Dear Fellow Grass Roots,

When, as a child, I read *Lord of the Rings* I could not help but be enchanted by those fugacious tree-dwellers, the Ents. Never have I met an Ent in all my quiet walks through green forests and I've come to the unfortunate conclusion that our modern industriousness has invaded and logged them into rarity. Hence my keen interest in the conservation of our forest resources for wildlife and soil protection and our future generations. Does anyone require the services of a fit, strong 19-year-old female who is desperate for work in nurseries, on an organic farm (or experimental farm), a forestry, wildlife reserve, research programme. Could you provide me with further contacts? I shall plant a seed for every day I await your answers.

**Jayn Hobba
Christmas Creek Road
MS 98
BEAUDESERT 4285.**

Dear Meg and readers of Grass Roots,

Has anyone had the same bitter experiences as I have under the care and auspices of western psychiatry and medicine, and survived those experiences rather than recovered. Without poking a finger in the eye of the AMA or the RANZPC I would like to describe how I have been reduced from a bright, very intelligent, perhaps gifted small child to a candidate for the mental hospital or some seedy little boarding house; labelled alas-alack 'chronic schizophrenic', the object of everybody's pity, envy and scorn. And, here is how it came about, see if you can work it out for me, OK.

What started out as a minor accident, as a small child became a major nightmare for me when at the age of nineteen, I had to leave Uni and seek professional help for those original unresolved problems. Nineteen years later and after much hardship and the best help possible I began to recover spontaneously despite what was going on around me. Maybe it was because for some reason or other I began to remember what had happened to me many years previously after years of trying and never getting anywhere. Maybe I should never have bothered in the first place and remained a timid little mouse all my life. I then had to face up to and survive a further two psychiatric admissions (involuntary — due to the lack of common courtesy on behalf of my fellows at the time and a lack of due regard to another adult member of the human race). Unfortunately it was enough to permanently deter me from ever wanting to see another doctor to the point of risking my own life and health rather than receiving another unqualified over-reaction. So here I am still stuck on the pension, can't or won't obtain full-time work. So be it. Still the victim of either prejudice or simple red-tape. I have reverted to some of my old commune ways as a means of 'toughing it out' until I manage to obtain a place at uni next year sometime. I have become a follower of the SYDF and Swami Chidvilisananda since finding the lost art of relaxation, and furthered it by taking up meditation as well. I am an avid reader of eastern philosophies and publications of a grass roots nature.

Eventually I hope to further my interests in the country somewhere, hopefully in the company of like-minded friends, even if I have to build the place with my own bare hands. I was hoping to find a place free from outside intrusions, like the foothills of the Great Divide, but whether that is at all possible I don't know. At the moment I have very few assets left after all these years, but I am twice as sure of myself as I was before and, at the age of 38, relatively free of most of the worries people have. No pills, no alcohol, no dope — still smoke. OK. I am at the moment a little unwilling to risk it because I found that when I was suffering people tended to 'use' me and when I started to recover and asked for a little back I was met with the usual hostile reactions; silly me to believe them in the first place. Ha Ha.

So I am casting my mind around for some fresh ideas for the future where I can continue this inner journey relatively unimpeded. I am not too frightened to work, but I am tired of roughing it all the time. If this letter manages to strike a note of accord somewhere please let me know. I will endeavour to answer all letters that are received.

**Colin R. Adlington
116B Guy St
COROWA 2646.**



Dear Reader,

I am a local Canberra resident (female) who is currently undertaking a course of study there. I don't know how many other people are in my situation, but somehow I find it very difficult to meet interesting people in this strange city. I am fairly involved with my study so I do not have a great deal of time to go out and meet people and the problem is that I don't really know where to start. I'm very interested in meeting fellow Canberrans who are into healthy lifestyles and having fun but it is not so easy to do. I'm convinced that there are many others who feel the same way as I do, so let's get together and do something about it. I'll go totally insane if things don't change for me in 1987. So if anyone would like to contact me that would be great and I would also be grateful for any ideas of social gatherings that may be of benefit. I'm convinced that Canberra can be a good place to live in when one has a network of like-minded friends.

**C. Heath
C/- GPO
CANBERRA 2601.**

Feedback Link-Up Feedback

Dear Readers,

Karl and I thoroughly enjoy every issue, as it seems does every other GR reader! Since the last letter — our workroom is complete, and was actually put to good use last winter, when Karl did some of his beautiful wood carving. He made a lovely knife holder, and I painted a small picture. There does not seem to be enough hours in the day. Since living here near Yarra Junction, every day is so precious, rain or shine, that we seem to want to grab it and keep it a little longer. The bantams are a great source of amusement to us. In the chook house, we have several sacks of various sizes, and one girl decided to make that her home for the next 21 days with about six eggs. The second day, whilst she was out feeding, another was laying an egg. No. 1 came back and paced up and down impatiently. No. 2 stayed, so now we have two mothers sitting side by side, quietly and patiently waiting. I wonder how they will behave when the chickens hatch? Will they be one big happy family — it is very interesting. One of our girls, Roy (named courtesy of our son Mark), is snow white (sort of a low slung sports model). She is 5½ years old and still keeps the younger ones in line! Then there is Penny, the cocky, she calls 'puss, puss, puss' and puss turns up out of the blue. Yes, life is very special here. I do hope nothing changes.

**Alma Embacher
YARRA JUNCTION.**

Dear Grass Roots Readers,

Are there any banana farmers reading this? Tom and I would like to start a banana farm. I just started digging around in the agricultural libraries in the Sydney area and have found information from planting to harvesting, but not much on profitability and costs. So if any banana growers would care to share any info or tips, we'd greatly appreciate it. We're also interested in hearing from anyone who may have a room, cabin, caravan or caravan spot for us on a banana farm in Queensland, anytime after January 87. We're immigrating from the US, but we won't know if we've been accepted until (hopefully) December. In any event, I'll be back in the US finishing a degree until May 87. So for a while anyway, you'd just have Tom. (He's the most handy half of the team anyway!) Tom's employer-sponsor is an importer of bicycles and parts. Tom will be working as his sole sales rep. for Queensland. He may be on the road over a week at a time, but when he's not you can count on a good worker. Tom has remodeled two timber homes and built three block homes and for four years owned 20 acres with a large garden, chooks, and honey bees. So any combination of paying rent, working the farm or building in exchange for a place to live and learn about bananas would be great.

Tom's 32, I'm 23. Neither of us drink or smoke. Our main hobby is bicycling. Tom used to manage a bicycle shop and he's almost always commuted to work by bicycle. I've been racing for the past six years. We fell in love with Queensland on the bicycle tour we just completed — one month and 2000 km from Redcliffe to Pt Douglas. Never having seen banana farms before, they really intrigued us. In Mission Beach we took a 'Cassowary Tour' of the area and the Pike's banana farm and we've been smitten ever since. Cross your fingers for us and hope we're accepted, so we can leave the concrete jungle.

**Cyndi Holmes & Tom Black
2/129 Warren Rd
MARRICKVILLE 2204.**

Dear GR Folk,

I'm wondering if any member of the GR family could help me with any of the following. Does anyone have large round gourds for sale. Otherwise some information as to where to buy seeds and how they're grown. Next, I'm looking for a pattern or instructions for making dollhouse furniture by the tin can curling method. I've seen a patio setting in the wrought iron style and would like to reproduce it. Our library, book shops and craft shops are unable to help. How to dry pumpkin seeds. Can they be sun dried and eaten? If so, are they good for children. Last, but not least. Has anyone had long term use of a back swing for the relief of lower back pain. I use one from time to time and find it marvellous. However, I'm wondering about using it daily for a more constant treatment. Would I be doing more harm than good?

**Ingrid
PO Box 5634
ROCKHAMPTON NORTH 4701.**

Dear GR People,

It's been a few years since we last wrote. Much has happened since then. Our house is mostly finished, the property fenced, pasture and orchard established, and the large garden is now very productive. We have moved a considerable way towards the dream of a self-sufficient lifestyle, I now only work part-time so that I can devote myself to our family and the endless tasks around the little farm. Currently we are developing a small campsite in a secluded corner of our forest, we intend to make it available to families who respect the values that we hold, and thankfully so many other GR people share. We totally reject the use of drugs, alcohol and tobacco and decline to allow pets on our property. Peace and serenity we have in abundance.

We agree with Lorrae of Plainland, Qld (GR 57) that elderly people have an important role to play in this lifestyle. We have cared for a handicapped older woman for five years now. While not able to help much in a physical sense she has been a great assistance with caring for our children. Her life has been extended considerably because she has a reason to live, purpose and respect. I have worked for several years with the handicapped (both physically and intellectually) and have introduced them to this lifestyle with some success. But I feel that a lot more must be done in the process of 'normalisation', and as a caring alternative movement we must offer our acceptance and love to these people genuinely prepared to commit themselves to this immensely rewarding lifestyle.

**Brenton & May Wheare
PO Box 9
RIDGLEY 7321.**

Dear Readers,

We have been reading your magazine for a couple of years now and following everybody's hopes, dreams and plans with great interest, knowing that with time ours too will flourish. Different ideas and opportunities often come our way either to be expanded upon at a later time, or taken over by a more reachable goal. But the longer we wait, the harder society seems to make it for people to make a start. We thought a business may come first but the government has taken all the incentive out of it. So instead of trying to beat them we've decided to make a project out of what they're offering us — the low-interest first home owners scheme on an acreage to build on or a run-down old house to give life too. Basically we are looking for land/property to buy on the coast from Mackay to Cooktown with resale potential and fresh water. We also have the opportunity to go towards a larger acreage if it can be subdivided easily as we have friends in a similar situation. So if there is anyone who knows of anything that may be suitable for us or if you have had a similar experience obtaining housing commission loans in country areas, we would love to hear from you. We are presently living on the outskirts of Brisbane before heading back north so we should be able to organise all legalities down here. Looking forward to hearing from you on anything. Take care and thank you all for a magazine which holds so much hope and achievement for us all.

**Kim, Gabrielle & Emmy-Rose Curtis
C/- 37 Prangley Rd
BAHRS SCRUB via BEENLEIGH 4207.**

Dear Meg, Lisa, Dave and all GR,

I would like to give my thanks to you for bringing to us searchers in life so many alternatives to choose from. I would like to thank and say hello to all the readers who support and share with each other your magazine. It really warms my heart to know there are a lot of beautiful people interested in each other. I myself have been into so many alternatives, you name it and I have stuck my head or foot in it. All because I wished to be a real sharing loving human being. In the end, it all comes down to living in harmony — balance of positive love with nature and its forces and all those in this world. Sometimes, it's not easy with so many negatives around — I know, I have been one. I have an extremely pretty five-acre property with town water and electricity, and a small A-frame. I have nearly finished one house and have another one started. I am an artistic intelligent person and am looking forward to finding, enjoying life and having fun with other beautiful artistic people, any age, with depth of soul, so I can start sharing all this beauty with. I am all on my own here and would like to hear from anyone who has the time.

**John C. Engert
125 Booyamurra St
POOLAH 2843.**

Feedback Link-Up Feedback

Dear Grass Roots Readers,

To all sinus sufferers I recommend Super Wash and Super Soap, not long on the market. I have suffered from sinus many years and been through the treadmill of remedies. I've only been using Super Wash and soap one week and my head is the clearest it has been in many years. (The manufacturers are Super Science Pty Ltd, 573 Sydney Rd, Seaforth 2092.) To all the people who suffer from any and all illnesses (including terminal) John Harrison *Cure Your Disease* is very practical with a lot of common sense.

Like you Alice Grigg, meat eating Christians also concern me, but from the other end of the scale. I am a Christian, I love Jesus very much and live by His word to the best of my ability, I believe when Jesus comes again I will be saved, I also eat meat occasionally. It is a question I have done a lot of praying about (as I wish only to obey God's word) and studied the Bible on. In Leviticus Ch. 11, God instructs as to what meat is to be eaten. In Genesis Ch. 1 V. 29-30 contradicts Leviticus — which comes after the fall. Whether Jesus ate meat or not I have yet to have my eyes opened to. He did instruct His disciples to eat as the gentiles did when staying with them and I believe they ate meats forbidden by Jews, but Jesus did not condemn the gentiles for their eating habits. Does not this question lead us away from true Christianity — to love God and to love our neighbours as ourselves. The rest comes with God's teaching, we really must not become entangled with right and wrong, debating, but do our best to keep an open mind on the different beliefs we all have, study God's word, and love all mankind (not easy, but with God's help we will grow to love more and more). If you love, you will be loved back. If there are any Christians in the Shepparton area I would love to hear from you. We have been here seven months now and love it, but finding a place to share our love for God and fellowship is difficult. I respect all churches and their rules, but I prefer God's word and would love to hear from anyone who feels the same. God bless you all.

Gay Finch
C/- Post Office
ARDMONA 3629.

Dear GR Folk,

I've just read Little Battler's letter in GR 57. It sounds like that's not the area he likes. We have friends at Rosedale who love the privacy and peace. They have an ordinary car and have been battling those roads for three years. They are Trevor and Jan Boone from Brisbane. Also we have friends at Baffle Creek, an area is similar to Gypmie. Maybe the folk who have the land for sale will come down some more and presto a good cheap block. Then put a dam onto it, a couple of Baraga built on-site tanks, bulldoze a few roads back and forth for fire breaks, put up a shade for a vegie garden, build up the soil and you are away. (Make sure you have a block you can build on.) A lot of retirement age people are going to that area. One fellow has a private runway for his plane and his next door neighbour has a log cabin; in other words it's a do your own thing area and private. No I am not an agent, we just have friends who like the area. If Little Battler has bought a block out there look these folk up. He may get to love the place too.

Rowena Mahe
MS 368
BUNGADOO via GIN GIN 4671.

Dear GR,

I would be really grateful if anyone could help me with information or a design for a compost tumbler. We, Colin, Judith, Sophie and Chloe, are presently living in Healesville, but hope to buy land in Tassie eventually. We have recently acquired our first chooks and are finding GR a great help. Our daughter Chloe, was born at home six months ago. Since then I have been suffering post natal depression. Not at all pleasant. I don't wish to use standard medical treatments, anti-depressants. Would love to hear from any ladies who have or have had a similar problem, regarding treatment, attitude, medical profession, partners, family and so on. I feel this area of women's health has been neglected. Although I was aware of PND I certainly was not prepared for the desolation that it brings and the effect it has on the whole family. I did attend anti-natal classes but this problem was not mentioned. Perhaps we can do something to change this. All letters will be answered.

Judith Chandler
13 Crowley Rd
HEALESVILLE 3777.

Dear Grass Roots People,

We are a family of four and would like to visit and work on small farms during the next few years while we look for a smallholding. Home, at the moment, is a cosy caravan and 4WD truck; we are equipped to be independant and travel anywhere on or off road. Tammy (12) and Eugene (6) are on correspondence lessons, and very eager to find other children to play with or write to. Over the last 10 years, Ron and I have run our own furniture factory, then a gymnasium and a sports publication, planted gardens, restored a house, kept chooks and ducks. Mostly 16-hour days, seven days a week. We don't expect it to be easier on a small farm, just a saner way of life! Please write if you would enjoy a visit, whether a stop to say hello or a longer one. Any advice from people who have made a long trip with a family would be terrific! Already we have discovered a wealth of inspiration in your magazine. Thank you GR and thank you to the lady from the Goolwa Fish Cafe who cared enough to chat and introduce us to GR reading. The address below is mother's — she will forward all mail, wherever we are. All letters will be most welcome and answered as soon as they reach us.

Vera & Ron Modra
C/- 55 Gilbert St
GILBERTON 5081.

Dear Readers,

A reader had problems with rats in the ceiling and I have a solution to this problem which will make pollution work for you rather than against you.

1. Remove the aircleaner from the carby of your bomb.
2. Attach hose pipe to the exhaust.
3. Start car and screw up the idle setting to about 1500 revs.
4. Using an eye dropper or oil can, feed oil down the throat of the carby, slowly so as not to stall the engine. A little practice will help.

The result is copious amounts of carbon monoxide belching out of the hose pipe. Direct this where you want it. Into the attic, under the floor boards etc. This method may also be used in delousing chook and animal pens simply by covering the floor or lying area with plastic or canvas and directing the hose under it. BE WARNED this is a highly toxic gas so allow ample time for dissipation. We used this method under the pig pens when I was a boy and found that if we first released the pigs they were even quicker than the dogs in snatching up a snack. If your rabbit problem is small it is a better alternative to 1080 as you have manual control over it. If any GR ladies are looking for a running mate and don't mind living solar stone and logs drop me a line. I am 43, extremely fit with a grown-up family (24, 23, and 18).

Peter
PO Box 37218
WINNELLIE 5789.

Dear Readers,

Hi! Well a friend and I have finally decided to do it. We have just under a quarter of an acre which came with the house which we rent. With its first crop of 15 different vegetables and around the same number of herbs, life has suddenly become busy and rewarding. What we are now seeking, is contact with all interested people that are doing or plan to do the same. Perhaps we could start a correspondence where the interchange of surplus could be arranged. (And maybe generate a small income on the side.) Our phone number is given below. Oh, I almost forgot. We are situated just outside of Westbrook as you head towards Pittsworth. Looking forward to meeting you all.

Kevin Ritsan & Geoff Baxter
C/- Post Office
WESTBROOK 4350
Ph: 076-306-145.

Dear Readers,

We're living in the town of Port Lincoln and as usual we're finding town life is really getting us down! So what we're asking is this: could someone please let us know of any reasonably priced rental homes or cottages on a section big enough for a good sized garden, right on the coast, within a fifty-mile radius by a two-wheel drive vehicle of Port Lincoln? Our intention is to become self-sufficient in regards to living off the land and see. We're unable to even dream of this while we're living in a flat, in a town and on the dole.

Beni & Lyn Hasheem
C/- Post Office
PORT LINCOLN 5606.

Feedback Link-Up Feedback

Dear Readers,

Could anyone recommend a homeopathic practitioner in the Sydney metropolitan area? I have tried nicotine sprays for killing weeds, as occasionally mentioned by readers, but as yet have had no luck. I have not come across the recipe for how many cigarette butts to how much water soaked for so long. I tried two hundred butts in three litres of water soaked overnight but without success. Any ideas?

A few years ago I undertook an experiment with liquid manure. The manure, which I obtained from the local railway freight yards where cattle and sheep trucks run through was a mixture of about five cups of manure to a household bucket of water. This was made up for a sheep and cattle solution. Selecting various plants from each type of vegetable I gave these plants the solution in the quantity of three cups each once weekly, and of course sticking to the same plants. I should add here that the soil type was not extremely fertile as no manures had been added to it but was a crumbly black soil. The difference in rate of growth for the leafy vegetables such as silverbeet, lettuce, and rhubarb was obvious from the start as the plants fed with the liquid manure were growing much faster. Especially noticeable were the lettuce, which, seemingly because of their fast growth rate grew lovely full hearts — something I have had trouble with in the past. The mixture of either cattle or sheep solution (I used different solution on the same plants throughout the experiment) didn't effect the rate of growth one more than the other. The other vegetables such as tomato, climbing beans, and capsicum seemed not to improve with solution added. I have been an extremely keen fan on liquid manure on leafy vegetables ever since.

Tony Hudson
13/527 Burwood Rd
BELMORE 2192.

Dear Grassroots,

I would like to share my experiences with other GR readers on herbal teas. As I am a schizophrenic I suffer from sleep disorders like insomnia and waking up in the middle of the night. Triad's catmint tea is a natural sedative and promotes restful sleep and one does not wake up during the night hours. Drink catmint tea three to four hours before going to bed. Also dandelion coffee (a tea) is good if you have kidney and bladder pain early in the morning. Drink dandelion coffee three times a day. It is also a mild laxative and promotes regularity. Rosemary tea is good for severe period pain. Drink before and during period. Two or three times a day. I have been using these teas for some time now and I find them to be very effective. If you can't get hold of products write to: Triad Health Products Pty Ltd DY135, PO Box 31, Asquith 2078. Laboratories, Beaumont Rd, Mount Ku-ring-gai 2080.

I would like to receive more information on the Bach Flower Remedies. It would be great if you could recommend any good literature on the usage of Bach Flowers. Also how to get hold of them because I wish to sell to interested people. I've only read GR once and I am overjoyed that the down-to-earth people have our own magazine. It's great!



Ann Thorsen
32B Westbury Cres
BICTON 6157.

Dear GR Readers,

I am joining the many GR lifestyle people who are moving to the NE parts of NSW where my son 10, and I (born 1936) at last will be able to live in a rural area, and enjoy space, good company, organically grown food after too many years in Sydney. I am itching to get my hands into the soil again, having done 11 months of travel in the last 1½ years, some of it on organic farms from Victoria to the Atherton Tablelands. Are there any organic hobby farmer(s) near Lismore who need company and assistance with growing fruit, vegies, nuts, herbs, goats, poultry? We have a small pop-top caravan, so can be self-contained if needed. We are vegetarian, nonsmoker/drinker, and I enjoy classical music, collect recipes, practise yoga meditation and natural healing. Enjoyment of life does not depend on material wealth, but on human relationships and our relationship with God and earth. We belong to the land, the land does not belong to us. Caring and sharing and a sense of good down-to-earth humour are available to all. If there is a sensitive man 45-55 with similar interests, I should love to hear from you.

Pauline Davis
C/- 213 Magellan St
LISMORE 2480.

Dear Grass Roots,

I thought I might be able to help with some of the queries from fellow readers.

For Jane of Altona, this recipe for INCENSE CONES may be what you are looking for. SWEET INCENSE: 6 tbsp instant burning charcoal, 1 tbsp powdered gum benzoin, 1 tbsp each of ground calamus root, ground sandalwood chips and ground cassia bark; 1 tbsp dried ground orange peel, ½ tsp musk oil, ½ tsp sandalwood oil, 3 tbsp mucilage of gum tragacanth.

CHURCH INCENSE: 6 tbsp instant burning charcoal, 1 tbsp each of powdered gum benzoin, orris root powder and ground cassia bark, 1 tsp each of ground cloves, ground cardamom seeds and dried ground lemon peel, 1 tsp each of myrrh and frankincense powder, ½ tsp frangipani oil, 3 tbsp mucilage of gum tragacanth.

Gum tragacanth is used as a binder. It can be bought from herbalists in powdered form. To make a mucilage (thick sticky liquid) add 425 ml (15 fl oz) of cold water, a little at a time, to 14 g (½ oz) of tragacanth powder. Press out any lumps with the back of a spoon. Add half a teaspoon of benzoin powder, or tincture of benzoin, to preserve the liquid. Leave the mucilage in a screw topped jar for 3 days and shake it vigorously twice each day.

Break up the charcoal and measure it into a basin. Add the dry ingredients (if possible buy the spices whole and grind them yourself). Mix well, stir in the mucilage, then add the oils. Combine thoroughly. Shape the paste into small cones and place on waxed paper. Transfer to airing cupboard. The cones will take about a week to dry out completely. Wrap them in tissue paper and store in a box until required.

To Steve and Shelley Hannah of Port Augusta: YOGHURT AFTER-SHAMPOO CONDITIONER: 6 tbsp natural yoghurt and one egg. Place the ingredients in a bowl and whisk until thoroughly blended. Massage the conditioner evenly into the scalp and hair for four minutes. Wrap the hair in a warm towel and leave for 10-15 minutes. Rinse with tepid water.

CASTOR AND AVOCADO OIL PRE-SHAMPOO CONDITIONER: 2 tbsp avocado oil, 1 tbsp castor oil, 1 tsp rum, 2 eggs. Whisk all the ingredients together until the mixture is light and airy. Using the fingertips, massage the conditioner evenly through the hair and well into the scalp. Wrap the hair in a towel and leave for 20 minutes. Shampoo and rinse in the usual way.

EGG AND OLIVE OIL PRE-SHAMPOO CONDITIONER: 2 tbsp olive oil, 1 tbsp cider vinegar, 1 egg yolk. Place ingredients in a bowl and whisk for several minutes until the conditioner is smooth. Using the tips of the fingers, massage the conditioner evenly through the hair, concentrating particularly on the scalp and dry ends of the hair. Crown your glory with a warm towel and leave for 30 minutes, longer if possible, then shampoo and rinse.

Janine
RUSHCUTTERS BAY 2011.

Dear Grass Roots,

My two children and I are planning a trip over to New Zealand in 1987. I hope to travel all over both the North and South Islands, and would love to hear from anyone over there. Any hints for travelling would be most welcome. We have travelled before, but not in such a cold or mountainous area. There is no time limit on our trip in fact I will be checking out the country with a view to maybe settling.

So if you know of a special part of New Zealand that should not be missed, please let us know.

'Us' consists of myself, a 28-year-old single mum, my son Lance (nine years) and my daughter Madeline (four years). A special thanks to all the GR team for a great mag. Keep up the good work. So come on all you 'kiwis' and drop me a line.

Lesley S. Towns
C/- Post Office
PIALBA 4655.

Dear Readers,

How can you deter insects from biting you, especially mosquitoes, and after being bitten, how can you relieve the bites. It is especially hard if you are covered in the bites which your clothes continue to make itchy. Is there some way (apart from screens) to change your taste or attraction to these creatures, they always find me first then go for anybody else.

Gail Mercer
43 Alipita St
KURABY 4112.

Feedback Link-Up Feedback

Dear GR Enthusiasts & B. Carbine in Particular,

Re the letter in GR 57 on natural remedies for animals — calves with scours and fleas and ticks on dogs. I can't help with scours but garlic is the best bet for fleas in dogs or cats. I've had dogs and cats for many years and all have had daily garlic (tablets) supplements and the odd flea that comes along soon moves out. Tablets are crushed and mixed into meat for cats.

I appeal to all those with animals to thoroughly consider if they have: 1) time to care for them; 2) the proper housing, especially for outdoor animals; 3) the knowledge of their diets, especially in changing their old diet to that which you consider they should eat; 4) if you are using herbal-homeopathic or Bach Remedies, you should thoroughly research their application to animals and especially the cause of the problem. A course in vet nursing is a great help or working with someone experienced with small animals. Borrow books from the library which deal with natural remedies for animals i.e. *Herbal Handbook for Farm and Stable*, and *Complete Herbal Handbook for the Dog*, and others by Juliette de Bairacli Levy, *Homeopathic Medicine for Dogs* by H.G. Wolf and *Before the Vet Calls* by G. Francis Hunter. Many books have a selected bibliography at the back for further reading. Make a note of the titles which seem best suited to your needs and then buy your own copies — sometimes available in second-hand shops. I know of no company in Australia which prepares natural remedies for animals as do Denes, or Herb Royal or Natural Rearing Products (companies in the UK) and in some states the homeopathic companies are not allowed by law to prescribe for animals. One must just scale down dosages for smaller animals. Above all one needs to know the cause and invariably that's a trip to the vet. I use 'human' tablets scaled up or down as necessary.

Don't be tempted to take on an animal unless you've thought about its housing and health. If you can cope by all means do take it — if it takes time to prepare, negotiate for time and be sure you can keep to the agreed time.

Scours in all animals usually means a serious problem requiring immediate action especially in the hands of the inexperienced. Keeping up body fluids is vital. Obtain experienced help immediately. In all such cases I give Herbal Rescue Remedy drops from Spectrum Herbal Products, PO Box 461, Lismore 2480 and keep them up until I feel the animal or bird is well out of the emergency.

Animal Lover, WA.

Dear Grass Roots,

What a pleasure it has been reading your cheerful and informative magazine. Shane and I have recently moved to Brisbane and eventually hope to buy some land somewhere south of here, but firstly we have to organise our finances. Also, I was wondering if any kind soul knows natural remedies for my dog, Gin, who is suffering from a few ailments. Firstly she has a fungal infection in her ears which she can't seem to kick — the commercial preparations keep it at bay but as soon as I stop using them the problem starts again. Secondly, she seems to have developed an allergy to fleas, and consequently from all her scratching she has eczema. Once again I tried the preparations from the vet which have cooled down the skin inflammation and killed most of the fleas, but I am concerned about the long-term effects of the flea killer because it is highly toxic (to humans). I would prefer to use a more gentle, natural remedy if possible, because using all of these chemical preparations seems to make Gin more susceptible to developing other ailments. I would (and I'm sure Gin would too!) be grateful for any information that anyone could supply me with.

**Bridget & Shane Cumberland
43 Ardargie St
SUNNYBANK 4109.**

Dear GR Readers,

Thank you to all those who replied to my letter in GR 58. I am answering you all. Since then, my circumstances have changed. I have become a single parent. Erin is still the joy of my life and we are adjusting. We are planning to move closer to Brisbane in mid-April, maybe around Nambour. I hopefully may be able to teach calligraphy for the TAFE in Nambour. Does anyone know of a house or farm to rent or caretake? Also, I would like to get to know people down there, so if you would like to write, I will answer all of your letters.

**Christine Baden
PO Box 90
KAIRI 4872.**

Hi Everyone,

I have been meaning to write in for ages, since we first started reading GR 17. We have 12½ acres just out of Horsham and it is great, hard work but worthwhile. I would like to thank Pat Coleby for her book *Australian Goat Husbandry*. One of my Saanen goats had mastitis and I used one tablespoon cider vinegar and one teaspoon dolomite (apple cider vinegar can be bought from Nicks Orchard, Main St, Bacchus Marsh 3340; and Dolomite from Laurie Cooper, 'Cornadai', Bacchus Marsh) and the mastitis cleared up completely.

When milking, if the flies are annoying, put some eucalyptus oil on your clothing. For anyone with grey hair they don't want, a cup of sage tea a day will help. Does anyone have a cure for baldness? If anyone suffers from cramp, a dessertspoon of honey will make the cramp disappear. Would someone within the Shire of Wimmera like to swap their ram for our Border Leicester cross ram.

**Neve, Shirli, Lance & Glenn Price
PO Box 590
HORSHAM 3400.**

Dear Grass Roots Readers,

For a number of reasons, I have decided to abandon further pursuit of an accepted work-for-wages occupation, and have chosen to follow a different lifestyle. Although now single and living in Melbourne, following a divorce ten years ago, I am far from being a stranger to rural life as I spent more than twenty years married to a sheep farmer and living in a remote area of New South Wales.

Devoid of material assets, my need for some form of income other than social security benefits is very real and very urgent, not only in order that I may live as opposed to exist, but also from the psychological viewpoint of becoming self-reliant. Experimentation with selling products from one or two of a number of long-held hobbies has shown that there is a market for my craftwork. Other hobby areas could well prove equally profitable. I need, however, a quiet and uninterrupted place in which to work. Currently, and due to a bizarre series of events totally beyond my control, I am in crisis accommodation, literally living out of a suitcase.

At present, I can afford only very minimal rental (\$20-\$50 weekly) and am looking for a self-contained cottage, sufficiently roomy to allow for a work area, and with the space to establish a garden. I do not mind how old the premises are, so long as they are weatherproof. I am both capable of, and prepared to, clean, paint and renovate if the owner will supply the materials. Or maybe someone has accommodation to offer in return for some form of help?

At this point in time, my prime consideration is a roof over my head in order that I may begin to stockpile some of my handwork. Fully aware of the numerous intermediary hurdles, I have long-term sights set on a small cottage industry returning sufficient income to enable the purchase of a home of my own. With this in mind, I would also be interested in hearing from any genuine, practical, talented, middle-aged readers, preferably Christian, who might be interested in forming a partnership/co-operative. No starchy-eyed, unrealistic romantics please — there are going to be problems enough anyway without such liabilities!

Geographically I have to confine myself, in the short-term, to the Dandenongs as I lack the finance to move any great distance. I would hope that within two or three years I might see my way clear to returning to sunnier climates! Wherever, I do have to be within easy access of a suitable retail outlet or in an area which attracts large numbers of day trippers/tourists from an urban area.

Would be delighted to hear from anyone who might be able to help me in my efforts to begin all over again on a new road.

**Emma Georges
13 Therese Ave
MT WAVERLEY 3149:**

Hello,

I'm writing in hope that someone can help me with a few problems. The first one is that we have access to some lovely bamboo but have no idea of how to cure it and only a few ideas on using it. My second problem is that I would really like to make my son a koala rather than the conventional teddy bear. Unfortunately the usual patterns are printed overseas, henceforth no koalas. Lastly, I would really love to learn pottery, so if there is someone who is willing to coach me in return for some sewing or craft work I'd love to hear from you.

**Trace
PO Box 199
HERBERTON 4872.**

Feedback Link-Up Feedback

Dear GR Folks,

Myself, husband Dave and two sons (Jay 8½ and Eli 1½) are planning to leave Adelaide early in March to travel around Oz. During the last two years we have been preparing ourselves for the journey, that has included the near total rebuilding of an old series II landrover, which is now running, roadworthy and, we hope, reliable. On our travels we will be looking for suitable land to buy, with the aim of settling and eventually becoming self-sufficient. We are expecting that the trip will take about two years, give or take a year. We want to relax and enjoy the country and what it has to offer, and also hope to go over to Papua New Guinea for a while during that time.

After considering the option of a country lifestyle for some three years we now feel ready to make the move. We have had little practical experience of country living or self-sufficiency and would welcome any invitation to visit self-sufficient (or as near as is practicable) families and larger communities to see how things are done. I would like the opportunity to see how children fare in this sort of environment. I also feel that it is important for our children to meet and form friendships with other children along the way. We also have an interest in local produce markets, especially those which operate, either in part or fully, on the bartering system. Any information on locations, dates and so on would be appreciated.

We are willing to exchange work for a space to pitch our tent for a while. As we are setting off in a matter of only a few weeks from now, the address below is a C/- where any letters arriving after our departure will be posted off to wherever we may be. All replies will be answered eventually. Looking forward to meeting you and wishing you all health and happiness.

Helen, Dave, Jay & Eli Latham
C/- 45 Mofflin Rd
ELIZABETH GROVE 5112.

Dear Grass Roots Readers,

I've been reading GR for several years and have enjoyed learning about people with GR ideals and the trials and tribulations associated with carrying them out. I feel it is about time I experienced first hand some of the people and places I have read so much about, and I would be pleased to hear from anyone who would not mind my calling in on them for one, two, or more days towards the end of 1987. I'm a 32-year-old civil engineer, nonsmoker, nondrinker, and my main interests include travelling, bicycle touring, and communicating. I would be interested in seeing all aspects encompassed by a GR lifestyle although some of particular interest which spring to mind include earth construction, organically grown fruit and vegies, home-made bread and dairy products, and a television-free environment. I will be hopping onto my bicycle in Sydney and my 'area of assault' will be anywhere north to north-west from Sydney up to southern Queensland. Isolated locations will not be a problem (bikewise), and I will be happy to work or pay for my keep. I will reply to all letters.

Ross Hufton
11 Tergur Cres
CARINGBAH 2229.

Dear Readers,

Hope everything is going well for all of you. Your letters are the first thing we turn to when GR is delivered. They give us encouragement, companionship, a laugh and lots of information. We are in a tiny little house at Warrenheip, near Ballarat, hoping to extend the house in stone. Does anyone know of an architect interested in alternative methods of building and who is prepared to deal patiently with owner/builders? (Reasonable price essential.) We'd love to hear from anyone who has a word of advice for us when using stone. It will be a slow process with two small children (Toby, 5 and Lucy, 2) but when so much of the year here is spent indoors due to the weather, we have to make a start or we'll go nuts! When we first moved here the walls had no lining, we had no running water, or toilet (the nappies were a problem). We had to climb through the front window for water and to get in and out. Now we're very modern — we have a door! There's still heaps and heaps to do but we're getting there slowly and we're happy.

Before I go, does anyone have some soap recipes other than those that use dripping, or is it a standard element in soapmaking? I want to colour and gently perfume the soap for gifts.

Sandra & Claude Brock
RMB E158 Yankee Flat Rd
BALLARAT 3352.

Dear Meg, David and Grassroots Lovers,

I've just read the latest edition (great as usual) but I'm left wondering about some comments in feedback from Alice Grigg (GR 58). Now call me old-fashioned, opinionated, straight, maybe square for 28 years old, but to suggest the idea of stopping world war by not slaughtering the fatted calf? Horse apples! I'd like to see Utopia, who wouldn't? But really, animal worship is not on! I have a sheep dog, a kelpie, she helps me muster a small flock. I slaughter a few ration sheep and the dog is fed her share. The environs, the earth and all on it share and interdepend with related roles. In nature, a pendulum balances the swing of extremes; creation and destruction, with subtle timeless equality. But where man exists in 'civilisation', food, water, clothing, must be supplied, even demanded... So the cultivation of crops, the husbandry of animals is merely the physical concentration and localisation of an otherwise elemental substance. Real farming respects the health and well-being of soil, seed and stock so that the produce is equally fit and healthy. As for the reference about it being unchristian to eat meat. I believe the New Testament (Luke 7:37) has Jesus Christ eating and drinking in the custom and tradition of the Jews (also noted for their stock raising). I hope this is food for thought.

Sally-Ann Dodd
PO
ANGASTON 5353.

Dear Grass Roots Readers,

Firstly could Mr F. Harmer, p.7 GR 55 contact me with his free camping and caravanning ideas and other tips. I wrote months after his letter came out and he must have changed his address, because I've received no reply. I'm planning to make a lengthy, leisurely trip across Victoria calling in on friends at Noojee, and friends in NSW and more in Belli, Qld. Apart from that my itinerary is completely flexible but my aim is to look for land or houses near Rudolf Steiner schools so could anyone who knows of real estate in areas near one of these schools please write. Especially I'd like to hear from teachers in these schools, or from parents with children at Waldorf schools in Vic or NSW, or anyone else along the route who wouldn't mind offering a stopping place for a night or two for our campervan. I'm a young alive 40-year-old supporting mum to three-year-old Hannah. Mainly vegetarian, nonsmoker, and I enjoy the natural pleasures of life and meeting and sharing time with like-minded people.

I hope to leave SA early to mid March 87, but mail will be sent on to me along my route care of this Mallala address. Please give your phone number (if applicable) plus address when writing to decrease communication lag. Look forward to hearing from all you interesting people.

Caroline Bolt
C/- 12 Dublin Rd
MALLALA 5502.



Dear Readers,

This is a letter of warning to anybody considering joining a co-operative land venture, and committing money, time and effort before discovering if the co-op has any outstanding debts to dissatisfied past members. We have resigned from a co-op which acknowledges owing us money but refuses to put our names on a creditor's list as this could put off potential new members from committing money. I am concerned that this co-op by promoting small share parcels will attract people with small financial resources who are likely to suffer financial and emotional hardship if their money is mismanaged (as we felt ours was) and the co-op unsuccessful. The idea of co-operative land purchase still seems like a good idea to me but buyer beware. Check out bookkeeping and history, before committing money you can't afford to lose. I have recently changed my diet from lacto-ovo-vegetarian to vegan for animal liberation reasons and I would like to know other vegans, especially any who have children (I have a three-year-old son) or live near Daylesford. I am enjoying a vegan diet but I'm still questioning the health aspects of it, especially in relation to pregnancy and small children (my son is not on a vegan diet at the moment). I would welcome letters from anyone about veganism.

Helen Taylor
RM 3471
WHEATSHEAF via DAYLESFORD 3460.

Feedback Link-Up Feedback

Hello,

My name is Tresh and I would like to regain contact with a fellow named Keith, and his family. We were cooking together in a small restaurant in Armidale, NSW. My family and I decided to go to the Murray River, build a raft and take it down the river. Alas, through my negligence and after almost three years living on, and by the river, we separated at Waikerie, SA. Keith and family were minding some things of ours. I've often wondered when I would follow them up and whether it was worth worrying about at all. But I'm sure Keith would love to be relieved of the burden of looking after an estranged friend's 'possessions'. Keith (formerly a Kiwi) and Sharon and Bridgitte, or anyone who has known of their whereabouts over the last years, I would appreciate any clues. Thank you, Keith, it's alright if you don't still have the things lumped upon you.

**Tresh Pearce
C/- PO
WAIKERIE 5330.**

Dear Grass Roots,

In July 87 we intend to travel around Australia in a caravan with our four young children (aged 6,5,3 and 2) for an unlimited time, working (financially necessary) and experiencing various environments. We would love to hear from other readers who may have already done this with young children and would appreciate any hints and 'dos and don'ts', to help us prepare for what we hope to be a fulfilling educational experience for us all. We have been busy over the past eight years, running a 6½ day a week bus business (and producing children!) and would now like to travel before the children settle into their schooling. (I am an ex-infant teacher.) Hoping to hear from some readers and maybe we'll meet along the way on our travels!

**Pat and Bob Child
'Pine Lodge'
Clarke St
BRIDPORT 7254.**

Dear Readers,

'Unattached' female readers who have achieved an alternative lifestyle (of any kind, anywhere) are requested to contact me. I am planning a book on the subject and will send full details of my requirements to interested ladies. References will be supplied. Thank you.

**Tom Trustrum
PO Box 550
MALVERN 3144.**

Dear Meg and David,

Last September Rollo De Castella was at Albury to help start their Pritikin Lifestyle Group off — and later he was guest speaker at Alice Springs. It is all very encouraging. I am learning much, and gradually getting my own life under control. The Pritikin lifestyle even helps dogs — one of our neighbours goes for a morning run taking with him the neighbour's elderly labrador. The dog has lost excess poundage and looks much healthier for it. The runner is doing OK too! Most importantly, I have met some very fit older people, one man of 76 years, who thirty years ago had serious heart problems plus 80 per cent blockage of his arteries. He was advised to eliminate fat from his diet — he was a foundation member of the Pritikin Lifestyle group eleven years ago and is a staunch supporter. He is still working full time and has so much energy and endurance, he shames me — I have a way to go yet!

**Lesley Clark
Dysons Rd
MANDURANG 3551.**

Dear GR Readers,

I have 10 bee hives in my back yard and enough equipment to set up 10-20 more. I would like to know if someone would be interested in sharing my hobby, honey and stings. I will soon have to move them out of my yard so I would also like to hear from people with land or orchards nearby who would be willing to let me keep the bees at their place in return for honey. I am also interested in acquiring equipment or bees or robbing the honey for people who don't have time, or interest for this wonderful activity anymore.

**Laurie Blake
74 Victoria Ave
CHATSWOOD 2067
Ph: 02-406-6859.**

Dear Readers,

I am writing this letter in an effort to help both myself and a land holder on the north coast of NSW. After having left Sydney in 1983 I firstly moved to the Nambucca region and later moved out west to the Namoi Valley. My problem is that having been raised on the coast, I am now missing it very much. I am hoping to move to a coastal property somewhere between the Myall Lakes and the NSW/Qld border in the capacity of caretaker to pay for the rent.

I am a 26-year-old single male, height 6 ft 1 in. Whilst in Sydney I was a landscape gardener with some experience as a chef. Before leaving Sydney I completed a farm technology course and have since gained experience in cattle, sheep, wheat, cotton, maize, bananas, pigs, irrigation, general farm maintenance, improvements and management. I have also been involved with mechanics, general construction and building, and general plant operation. I have also picked up, along the way, a 4WD utility, a caravan, motor bike (trail) and two dogs. Having left Sydney I have found a great affection for animals. I am very interested in the breeding of stud Simmental cattle, marron/prawn farming and organic farming. Any information on the last two subjects would be greatly appreciated. I am also involved in the greening of Australia — I have planted more than my share of trees in the north west of NSW. I am eagerly awaiting a reply from anyone who thinks that they can help me with my problem.

**Scott Goddard
'Lucerndale'
Eulah Ck
NARRABRI 2390.**

Dear Grass Roots Readers,

At last our search for land which has taken us all over the east coast is over. After visions of finding 50 acres of forest and a river we came to realise that what we would like and what we could have were two different things. While on holiday in Tasmania last April we found our block of dirt. 1½ acres of cleared land in the south-east, 25 minutes from Hobart. Now we have found and paid for our land it is time to start selling the animals we have accumulated over the last 3½ years. We have been renting a one-acre block on the outskirts of Sydney but it is about to be sold. We are hoping to move down to Tassie around March or April 1987 and were wondering if anyone had a building we could rent or caretake. We have three children from five years to four months and would consider anything that would be an improvement on a tent until we have a shelter built. We would consider anything in the Huonville area and hope to start Felicity at Jeddesbury School. Please feel free to give us a call collect.

**David, Suzanne, Felicity, Allan and Robert Manning
PO Box 43
QUAKERS HILL 2763
Ph: 02-626-6325.**

Hello Fellow Readers,

I would just like to drop you all a line or three about a great book that has just about all the info on basic bush craft that you could ever need. It's called *Australian Traditional Bush Crafts*, by Ron Edwards, Summit Books. I've treasured my copy for many years, a few friends have read it, but I won't let many borrow it! It shows you how to put up fences, different forms of gates, dams, furniture, leatherwork and so on. It also has a small section on how to make shingles, and the proper way to lay them. It should help Shane Stottenberg (GR 58) out of trouble. You could try your local library or maybe a book shop could order it for you. If you can't obtain the book Shane, drop me a line and I'll copy out the info for you. We're thinking of going to Tassie for a holiday and a look around late Feb, early March, and would be interested to hear from anyone who wouldn't mind a few visitors to drop in for a cuppa and a chat. We are Wendy (30), Adrian (29) and Ryan (3½). I hope I've helped you out because many times GR has helped me out. Bye for now.

**Wendy Crick
6 Swiss Chalet Rd
HEALESVILLE 3777.**

Dear Meg and Lisa,

A reader requested more information regarding the television programme of putting cow manure into cow horns. Here is the address of The Biodynamic Agricultural Assoc. of Australia, C/- Post Office, Powelltown 3797.

K. H.

METAMORPHOSIS OF A HOST FARM

by Rita Summers, Pioneer, Tas.

Last year we featured a number of articles written by people who had found their utopia and were living on it. It is the dream of most GR readers to own a plot of land, build their house and work towards setting up an independent life. By a combination of a little luck and a lot of hard work many achieve the land and the house but when the time comes for setting up a financially independent lifestyle, there is no money left to do it. We've read about growing flowers, caretaking an island and running a holiday camp and now two earnest young readers share the trials and joys they faced in establishing a host farm.

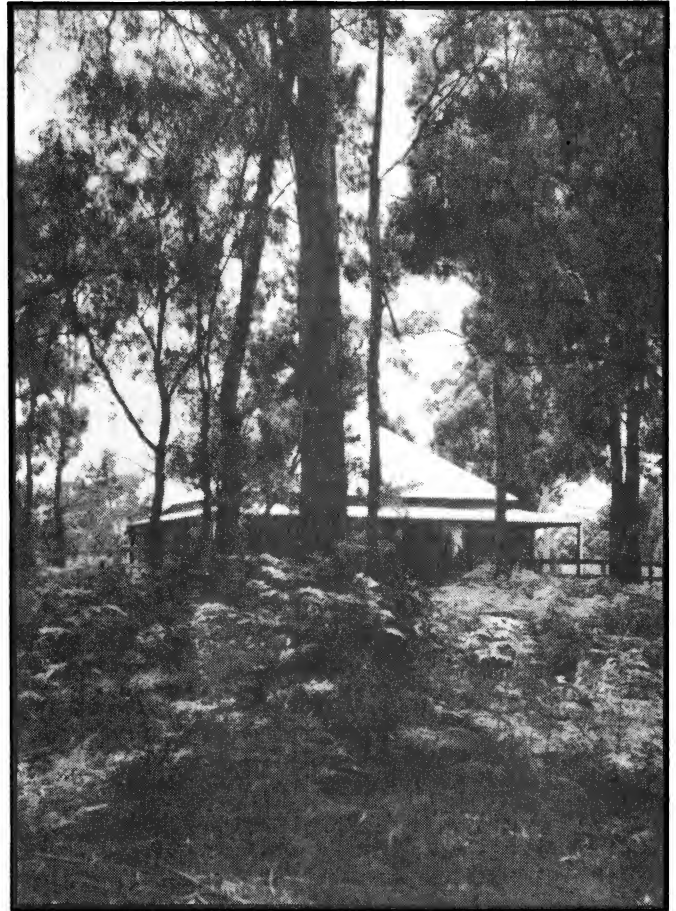
The year 1974 was significant for us. It was our first year out teaching, and we were posted to schools 80 miles apart. After the close proximity of college training, we found this hard, then a few weeks later Ian had a terrible accident and almost died. After this close brush with death, he began to recover and we could think with confidence of a wedding. We brought it forward several months — after such an experience time was too precious to waste! As soon as the breaks in his arms had healed and he could sign his name, we married.

We lived in an old farm cottage in the midst of lush farmland, pursued our hobbies and talked with close friends about buying land and sharing it. When 90 acres came up for sale in north-east Tasmania, we all jumped at it. It was well-maintained and pasture and fencing were good, and the farmer sold it at the price he'd paid ten years earlier. We bought the land as one property in partnership, but later legally divided the 90 acres into three titles of 30 acres (a third couple buying in). This allowed people the freedom to sell or to try out different projects independent of the group.

We slowly started our house. We poured our slab in 1975 and gradually, over the next four years, put up the shell. We borrowed money to get started but paid it off within the next five years — not for us a mortgage hanging over our heads for 25 years! We moved into the house in January 1980, with a cold tap, toilet, 4 gallon urn for hot water and an extension cord to the power box. There were no internal walls or ceilings, and I ran the hose through the window to our twin tub. By now Ian had resigned from teaching, having unsuccessfully tried many times for a transfer. The rent and travelling from the farm to Launceston where we'd been living, were fast eating into our finances and I was now on unpaid maternity leave.

The task of fitting out the place was daunting for Ian, having little carpentry experience, yet he persevered with the occasional and much appreciated assistance from friends and family. When baby Heather was 10 months old, I went back teaching for several years, to finance the house and finish paying off the loan. Ian became a house-husband and we somehow juggled my breast-feeding Heather around teaching hours. But we found the role change difficult and when John, our second child, was conceived I stopped teaching.

We then went through a period of great frustration, because all our dreams and visions for the land and our lives required finance. It was a difficult time, and in retrospect, we may have set goals that were too big. Ian took whatever casual work was available and found the forms and red tape involved with the Social Security Department irritating. We lost sight of our direction, and on several occasions I was



A glimpse of our home through the trees.

ready to throw it in. I wanted to start 'grass rooting' but inexperience and voracious wildlife made my efforts seem wasted. Although I loved my children, I was frustrated because I seemed to have so little time and energy left to get outside and garden. There were some hard lessons for us both to learn and it put a great strain on our relationship. We thought we'd found our direction several times, but reached dead ends again and again. We could only pray to God and try to put our trust in Him to help us work things out.

Then in early 1984, a builder friend offered Ian a job. It meant living away from home five days a week but it also meant a steady income in a field Ian enjoyed. It wasn't going to be easy and I could see the possibility of myself as a 'grass-widow' stretching off into eternity. Our builder friend and his wife had begun a host farm the previous year, and we felt that

perhaps this was what we were waiting for. We saw that by using our property as a haven for other people we could eventually make it pay and consequently have both the time and money to develop it.

It is now three years later, and that period has seen a lot of progress, and some changes, too, both in direction and expectations. We just missed the summer of early 1985 because of delays in getting the floor-coverings down. This was a blessing in disguise, I realised later, because it meant that we missed the tourist rush and I could get used to the tourist business slowly. Guests trickled in at a rate of 3 to 6 couples per month, and then as Christmas 1985 drew closer, advance bookings started to come in for January and February, 1986. During the first few months of operation, I became very nervous each time we expected guests. I was aware that they were paying for their food and accommodation, and worried whether the house was tidy enough, whether the children would behave, and whether the dinner was up to standard. This was complicated by Ian's absence five days of every week — I would be trying to cook a 3-course meal, converse with guests, and attend the children all at the same time. Ian loves talking to people, and when he was home, I found it easier, as he is also very patient with the children and willing to play with them and attend to their needs. This would leave me to concentrate on the cooking without distraction. Otherwise, I found myself going around in circles a lot of the time! Of course, the children and I also missed Ian a great deal, and the first few months he was away were difficult for all of us.

Complications soon arose. The first week Ian was away, we had a serious bush fire across the road. It had jumped a river, and was heading in our direction. The local rural fire brigade were there, a huge bulldozer was making a firebreak, the men started a 'burn-back' fire, and the smoke became denser, with flames visible through the trees. The land there is all crown land, natural bush, and our house is surrounded by trees.

At 6 p.m., I was frantically clearing out the gutters, stopping up the down-pipes with rags, and filling all with water. Heather, aged five, was trying to rake the leaves into a pile so I could remove them and John, two was trying to help as well, but only managed to get in the way. I was tense and full of fear, but tried to maintain an appearance of self-control and calmness for the children.

Fortunately, there was no wind that night, and by morning the fire had almost burnt itself out. I got up several times during the night to check it from our upstairs window, but the flames, clearly visible, were no nearer. It was such a relief to wake up the next morning and know the danger was over.

Other set-backs involved the numerous breakdowns of appliances and other equipment. They all needed repairs one after another — the washing machine (several times), the bore pump, even the car. I think the lovely 1954 Rover I drove missed the attention it was used to from my car-mad husband. The number of times it refused to start was very disheartening, especially when it was normally so reliable. In the middle of that, the brakes gave trouble, and no matter what Ian did, they did not improve for a long time. In the end, I was afraid to tell Ian that something had broken down, because it seemed to happen every week. He spent all his spare time repairing something, but at least we didn't have to pay someone else to do it.

There were drawbacks with his job too. With all the travelling, petrol cost us between \$200 and \$300 per month, which was close to a week's wages at the time. Out of those wages, \$267 went to pay off the loan for the floor coverings per month. Ian only netted \$250 per week, so you don't need to be a mathematician to understand that we were struggling financially. We managed to keep our heads above water only because of the tourists who stayed.

At one stage, Ian's job took him to Victoria for 3 months, and during this period, he was away for 3 weeks at a time, followed by one week at home. Another time, a customer wanted all his dormer windows redone, so weekends were



Ian splitting wood under the supervision of our children, Heather and John.

taken up for 6 weeks, with Ian home for a night once a week (no days off). There was trouble with customers not paying for jobs done, even an accusation of stealing against Ian, who would never consciously do anyone a bad turn.

So far it all sounds very negative, and certainly during the two years and 10 months that Ian worked away from home, there was a lot of stress on us as individuals, and on our marriage. The only reason we didn't give up was that Ian could cope if I was strong, and I could only if he was strong! Actually, our marriage was strengthened as a result of the difficulties, and we realised how much we needed and appreciated each other. Our faith in God, too, carried us through many seemingly insurmountable difficulties. Of course, our children missed their father dreadfully, and a few times John cried after Ian had left, and asked me, 'Why did Daddy have to go away to work?'

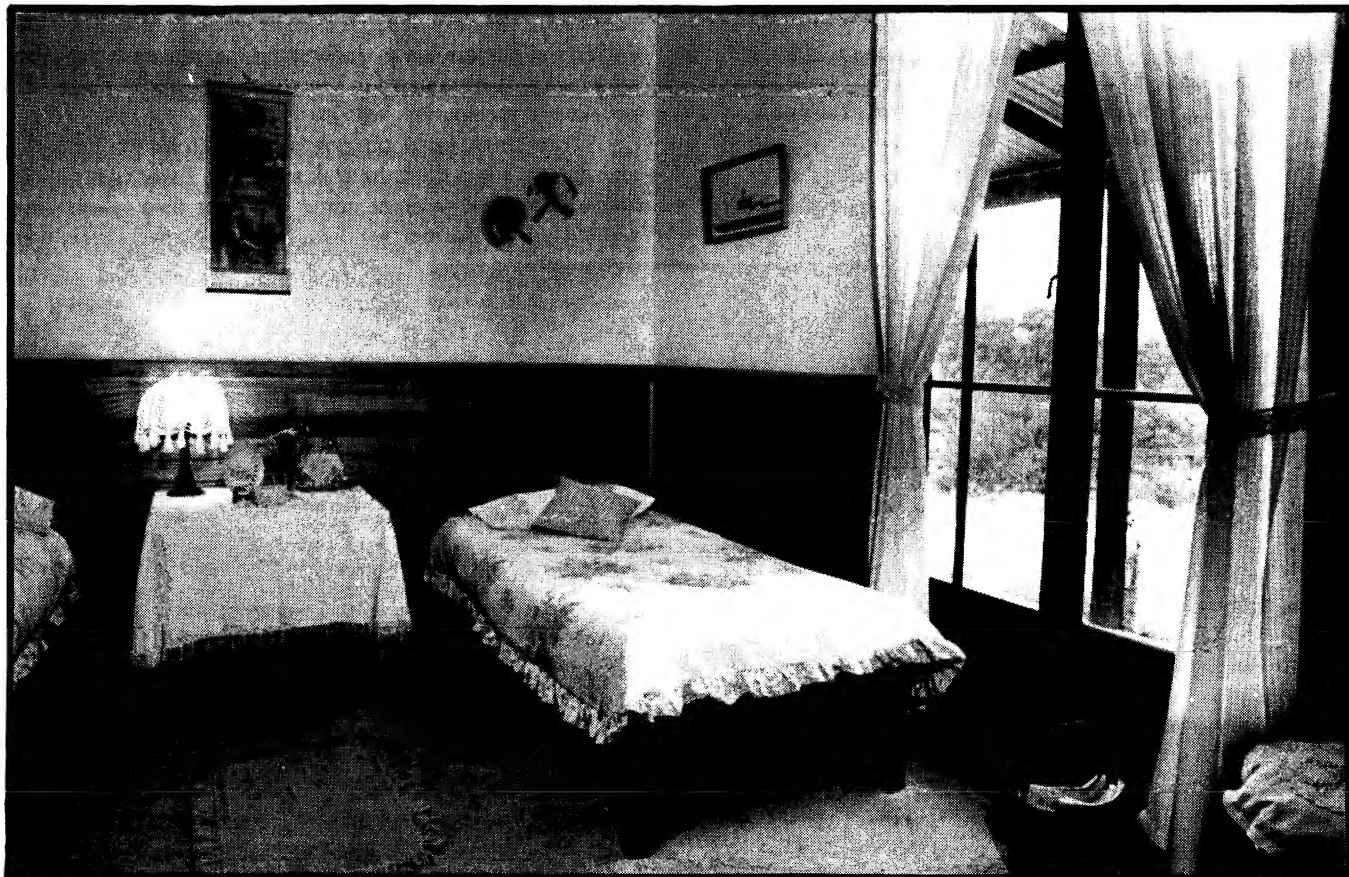
Despite all this, the host farm was progressing very well. The summer of January/February 1986 saw a steady stream of tourists, most of whom could only spend one night because of the limited time they had. Heather helped to pass out the main courses, and John helped to pass out the desserts. The visitors were very impressed; it's not so bad if it's a child's thumb that presses into the mashed potatoes! John also was still not completely toilet-trained, which caused some embarrassing moments! Most of the guests were either parents or grandparents so they were very understanding.

All of the guests, without exception, have been friendly people who were easy to make feel at home. Quite a number of them have invited us to drop in for a cuppa if we ever visit

their area, and we are genuinely sorry to wave them off each morning. It sometimes seems strange to be paid for something that is so enjoyable. I no longer get quite so nervous about things (unless I have a limited amount of time due to other commitments), and am much more relaxed. Heather, especially, was a marvellous help that first summer; she earned pocket money by dusting and vacuuming the two guest rooms, and did a very good job for a 7-year-old. The two children also became more open and friendly toward our visitors, whereas at first they had been rather shy. It's amazing, too, how the presence of young children helps to break the ice.

Last November (1986) Ian finally resigned from his job, even though we were not receiving enough bookings yet to make a living. To put it in his words, we got married to be together, so why keep on spending five days of every week separated? There were other factors, also, which contributed to this decision, and we have not regretted it for a moment. Financially, we don't know what our income will be from one week to the next. However, Ian has been in demand for relief teaching, and for minor building jobs. I was invited back to resume my part-time music teaching position and have been offered two more hours per week teaching art in 1987. There is also the possibility of a further few hours at another primary school. At the moment we still need the dole to help supplement our income, but we hope soon to be able to do without it.

As far as our house and surrounding gardens are concerned, they are steadily improving and being completed. John's room is heading for completion, and he now is settled in it



Our second guest room, overlooking beautiful bushland and distant hills.

upstairs. Ian has almost finished painting our room, and a second bathroom (for the use of guests only) is more than half built. The hall is papered, except for one section — we ran out of paper! Lately, Ian has been doing some work in the laundry, such as building a pine-topped bench across one end for the laundry tub, and which also stretches over the dishwasher. (Incidentally, we bought the dishwasher in nearly new condition for \$50!) He already had built a similar bench at the other end of the room for my sewing corner, which will have shelves on the wall above. Above the laundry tub bench, he put two Huon pine shelves with the bark edge left on, and they look very attractive with my plants and old bottles on it.

The rest of the house is almost finished, apart from some trim (mouldings, skirting boards) here and there, and cupboard doors (I made calico curtains to cover the openings so the shelves and their contents would be protected from dust and children). We have been building the house for 11 years, and when guests exclaim because of the atmosphere of our house, all the effort has been worth it.

The flowers around the house are better than last summer, and the honeysuckle climbing up the verandah posts is blooming for the first time. The vegetable garden is looking good, too, and we are eating our own radishes, lettuces, leeks and strawberries, with other plants growing well. The soil was very poor, so it has taken a while to build it up. It is gravelly and acidic, and therefore needed lots of organic material and some lime. We put our kitchen scraps into trenches dug in the garden for the first year, and grew potatoes and broad beans, which don't seem to mind not having text-book conditions. Last year, we added anything that was available — compost which we obtained locally, stable manure, and later chicken manure mixed with sawdust. Our chook house had a sawdust layer on the floor, and I just raked it out every 6-8 weeks. Of course, wheat grew everywhere after that, but I just pulled it up or dug it in as a green manure. We went to the beach the other day and brought home six sacks of seaweed, which is going to be put around the tomatoes and the strawberries. I'd like to go again soon; it's a good way to combine work and play!

The herb garden got so overgrown that I had to pull up a lot of it, and I find it hard to use up the herbs fast enough to keep up with the growth. We have had plenty of rain, so everything is still green, including the lawn, which is usually dead by now. A bulldozer has levelled our orchard site, and grass is growing thickly all over it; we hope to plant our fruit trees in the autumn. In conjunction with my parents, four sisters, one brother and their assorted spouses, we have shared the cost and labour of planting 2000 trees (gums and blackwoods) on a hill overlooked by our kitchen windows. The soil on the hill is not good enough for pasture, and this is one way we can use it for long-term investment. On our other hill, we will plant a permanent plantation of natives, to complement our existing patches of bush. The valley between the hills is lovely red soil, and is suitable for pasture, although it needs some improvement.

One advantage of having Ian at home is that he can again share in the care of the sheep which we share-own. We were on the point of 'bowing out' of the agreement, because we could not contribute the time or the finance to do things like put up new fences, build a shearing shed and yards, etc. Now, although financially we still have problems, Ian can begin

putting in the time. It's tiring for him, especially if he has to work evenings as well, but it is satisfying.

Sometimes I sit on the verandah with a cuppa, watching the sun set through the trees, and find it hard to believe that we've come this far. Can this lovely house and beautiful land really be ours? It seemed to take so long when we were striving for it, and now our dreams are being realised. We still get impatient at times when progress seems slow, but we have much to feel happy about so it doesn't last long.

Surprisingly, our second summer is quieter than our first, but we are not discouraged. We take each day as it comes, because we have our home and each other, and we are conscious each day that someone greater than we are is watching over us.

I hope that our story will be helpful to you as you read it. If you truly believe in what you are doing, don't give up. Persevere, put a lot of love into it, and who knows what will happen. You will certainly emerge, as we did, wiser, perhaps a little bruised, but also living life full of big and small rewards.

If you want a place to stay on your holiday that has family atmosphere and olde worlde rooms, wholesome food, home-spun music, a listening ear, and which nestles amidst beautiful surroundings, why not drop in? We can promise that you won't regret it!

Rita and Ian Summers can be contacted at Kersbrook Host Farm, Gladstone Rd, Pioneer, 7254.

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Making Beads



Trudy Reilly, Port Macquarie, NSW.



Beads, like buttons have been around since skins and fabrics were first fashioned into clothing. They have been created from an assortment of natural materials in all sizes and shapes and been used for a wide range of symbolic, practical and decorative purposes. Beads have always fascinated people, rich and poor alike, but with the advent of modern technology both their variety and their uniqueness have sadly diminished. If you're involved in textile crafts or in making or decorating your own clothes, consider the possibility — and satisfaction — of handcrafting your own beads.

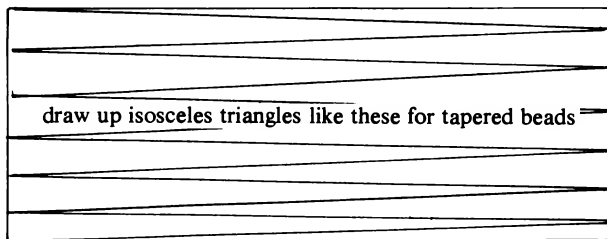
There are many ways of making beads and many materials that are suitable. I've jotted down a few methods I've tried but I'm sure there are lots more I'm not familiar with that work equally well. Don't limit your thinking or use of beads just to necklaces and bracelets, their potential is quite diverse. Use them in place of buttons on homespun woollies or handmade clothes; make into toys like rattles and counters; use in pre-school learning; or incorporate them into macrame strips to form bead curtains, as a decoration or for discouraging flies from entering your back door. Bead making is a family affair, and lots of fun when the telly is out or it's too wet to go outside.

Rolled Paper Beads

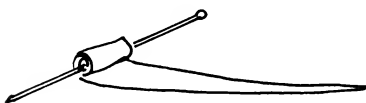
Beads made from rolled paper and homemade paste probably evoke all sorts of childhood memories for most of us, but with a little effort and imagination we can improve greatly on those early newspaper efforts. The paper you use and the way you cut it will determine the type of bead you make. Small beads could be made from tissue paper, super large ones from wallpaper. It is probably best to spend an hour or so experimenting with paper and shape so that when you want beads for a special project you can go straight ahead and make them.

STRIPED BEADS

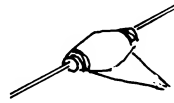
If you want striped beads or beads with a particular pattern look through your bag of pre-used gift paper and you're sure to find something suitable. Cut paper into rectangles — I use 20



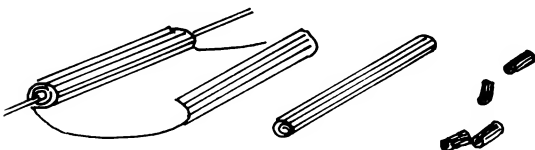
draw up isosceles triangles like these for tapered beads



roll the glued strip of paper tightly, beginning with the wide end



use plenty of glue so the pointed end sits flat



designs and patterns on your paper can be used to full effect

cm (8 in) by 10 cm (4 in). Spread glue thickly on the plain side and roll firmly around a knitting needle. Slide the knitting needle out, wipe off excess glue and put aside to dry. Cut into desired length with a sharp art knife.

TAPERED END BEADS

These are made from paper in the shape of long, isosceles triangles. It is difficult to give exact dimensions for these as each person wants a bead of a different length and width. Remember though, the longer the strip the bulkier the bead. Once you've decided on the measurements, cut out enough for a number of beads. To make, roll a well glued triangular strip around a match stick or metal knitting needle, starting with the blunt end and ensuring that the pointed end of the paper sits flat. The thinner the paper you use, the longer the strip will need to be. If making beads with children it is easier to work on a large scale, perhaps using something like wallpaper. Long thin beads can also be made, but you would cut out either a square or rectangular shape with a triangular end, rather than the long thin triangle described above.

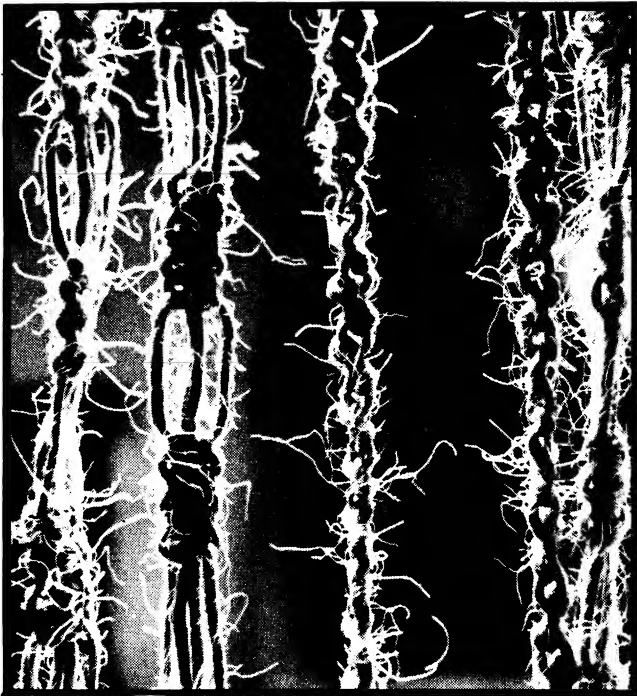
Rolled paper beads can be painted and decorated, however if you use patterned you will not need to do this. A thin coating of varnish will give beads a longer life.

Papier Mache

There are a variety of ways to make papier mache pulp, depending largely on the person making it and what it is to be used for. My quick easy way is to soak whole, slightly crumpled sheets of newspaper in a bucket of warm water. When the bucket is full allow to soak for a few hours or overnight. Drain water off, then sit down and pull the paper apart and into tiny pieces. This will definitely test your patience but it is quicker than tearing up dry paper. It is not necessary to squeeze all the water out of the paper as powdered wallpaper paste can be added and will take up the surplus moisture. It is difficult to work out exact proportions of paste to paper but if too little is used it will just feel like damp newspaper and will not model without breaking. If the mixture feels slippery like clay it is too wet and some torn dry paper pieces should be added to rectify this.

To make beads, roll small amounts of mixture between the palms of the hands, using a little talcum powder if the mixture feels sticky. Pierce with a needle. Alternatively the beads can be moulded into shape around a small metal knitting needle. Stick the needle into half a potato to allow two hands for modelling.

When beads dry they will shrink and crinkle but it is possible to sandpaper them down for a more acceptable surface. Paint if necessary, and varnish lightly.



These hayband macrame fly strips are weighed down with a number of large papier mache beads.

Play Dough

Yes, even children's play dough will make up into beads.

In a large bowl put:

2 cups flour

½ cup salt

1 cup water

Mix together to form a firm dough. Sprinkle flour on hands and table and knead for about 10 minutes. The dough should feel springy and swell slightly.

Shape in a similar manner as for papier mache. Beads will need to be dried hard in front of the fire or lightly baked in the oven (at 160° C/325° F for about 30 minutes). Once beads have cooled and hardened decorate with acrylic paints and finish off with a clear varnish, the latter making them stronger and long lasting.

Commercial Clay

There are a number of commercial clays on the market, including coloured ones, that can be used for beadmaking with a minimum of fuss and effort. Visit your craft shop and choose several colours and a bottle of lacquer.

To make, knead the clay into a range of beadlike shapes. If using coloured clay you can mix the colours together to create new colours or a striped effect. Put a hole through the bead with a piece of wire or a needle. Set aside to harden up. When firm to touch thread onto a thin knitting needle or a piece of wire that is long enough to be bent at either end so it can stand



up in the oven. Check that the beads are well separated and not touching anything or they will lose their shape. Bake in the oven for 10 minutes at 130°-150° C (250°-300° F) or follow manufacturers' instructions.

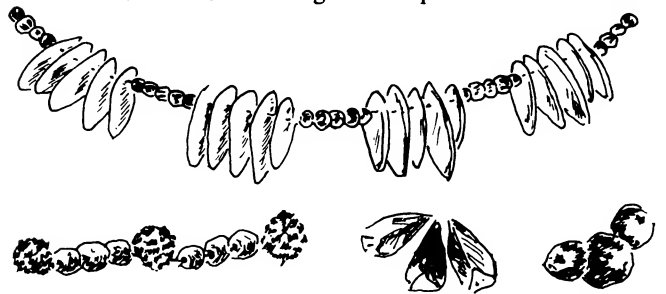
Pottery Clay

If you have access to clay you can make a wonderful variety of beads for use in everything from fine embroidery through to macrame fly strips at the back door. Once you've moulded your beads and placed holes in them, set aside to dry. Pottery beads can be fired in the back of the open fire or you could build a bonfire outside just for this purpose. Beware of exploding beads as a few of mine blew up the first time I made them, but the rest have come out well fired and with the most interesting patterns on them.

Seeds

The pips and seeds of apples, citrus fruit, melons and pumpkins are ideal and are easiest to pierce before they dry out. Use a strong sewing needle and thread straight onto cotton cord or fishing line. If they have dried out try soaking in water for a few hours and then gently piercing, it should work but not as successfully as when done fresh.

Spices like cardamom, allspice and cloves can be soaked overnight and threaded together to form aromatic strips that be tied around coathangers or cuphooks in wardrobes.



these are just a few ideas for using your threaded seeds

Shells

Tiny shells can usually be pricked with a needle but larger ones will need to be secured firmly in plasticine and a sharp drill used. It is important to place holes in the same spot on each shell so that when strung they hang properly.

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GARDEN TOOLS

How Do We Use Them

by Norman Allen, Wantirna, Victoria.

In addressing this subject, I wish to deal primarily with those people who find some physical stress when gardening. I feel that the garden has developed an image as being the place where you 'burn off kilojoules' and that it is hard work. For those of us involved in horticultural therapy, this is a major issue we have to tackle in bringing horticulture to all.

Let us consider some traditions that are no longer helpful. It is probably true to say that our forefathers, both men and women, were more accustomed to manual labour than we are as a society today, yet we still use the same size tools that demand the same amount of physical stress as our grandparents used, with the result that we have increasing back problems and other forms of physical stress.

We are amused when we see a picture of an African woman carrying a basket of goods on her head, or when we see a Chinese coolie carrying two buckets of water suspended from a stick, resting across his shoulders. Let me suggest that was the way God meant us to use our backs, whilst we clever people in our highly developed western society insist on using our backs like 'mobile cranes' and carry buckets of water one at a time.

There are two old sayings in this country, 'You will bust your guts' and 'You will break your back'. The reason is, of course, that these are your weak points. If you are lifting something heavy, nobody will ever say to you 'you will break your arms' or 'you will break your legs'. In other words let us use our arms and legs.

One of the most basic principles in physical stress is the principle of levers. That simple principle, developed by Archimedes, is so basic to almost everything we do or use that we fail to recognise it, whether it is our knives and forks, the tap knob on the shower, or the steering wheel on our car. It seems to me that even our education system is neglecting its importance. Let's think about it.

In figure 1 we have the basic principle applied.

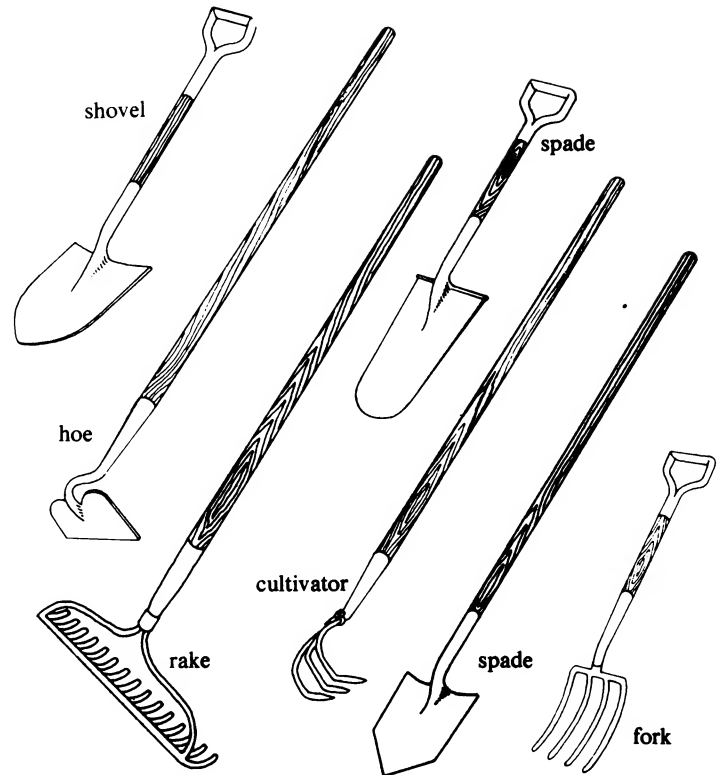
In figure 2 we have halved the load, and halved the effort.

In figure 3 we have lengthened the lever and lowered the physical stress still further.

In working with physically disabled people I find I can remedy 80 per cent of the problems that they encounter by using a smaller blade or a longer handle.

If you want to make the job easier, alter the leverage.

Most of our tool handles are too short, and you have to bend your back to use them. This is another reason for lengthening the handle (lever), so you can use it with your back straight. Another point to consider is the fact that people



are all different heights, and handles are mostly a standard length. I suggest that if you have an option, buy the longest handle; if you don't need it all, cut it off — remember that you can't add a piece on satisfactorily.

There are many bad habits and bad tools being used in our gardens.

Garden Forks

I use a ladies fork (it is about half the size of the one my mother still uses). It digs deep enough, it penetrates more easily, and is much lighter to use in every way. Unfortunately, the handles on garden forks are short. We seem to use long-handled shovels and short-handled forks and I don't know why. Lengthening a garden fork handle is not easy, however I did it and I am pleased with the result. Actually, I have since been given a prototype manufactured by Boral Cyclone and it is an excellent tool; however I have been told that they are not going to manufacture it commercially in the foreseeable future.

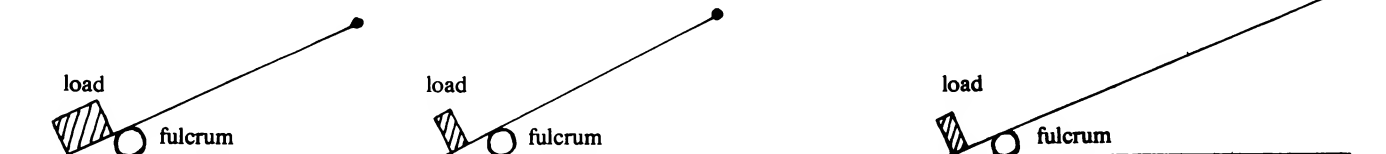
Rakes

If yours is too big, cut a couple of prongs off each side. Your

fig. 1

fig. 2

fig. 3



handles may need lengthening, particularly if you are tall. However, the biggest problem with rakes is the way we use them. We tend to use an action which places most of the effort on our backs. Try standing side on to the rake, use the pendulum of your arms and move your feet. Hold your back straight and use your arms and legs. If you have back strain, and want to change long term habits it is a good 'gimmick' to work side on to your work, where this is practical, because you are less likely to bend your back sideways than you are if you face your work.

Shovels

These are usually too big for the amount of dirt we shift in our gardens. There is a small shovel which is marketed as an auto or campers shovel with a very short handle. Try putting a long handle onto it, and I am sure that you will be surprised how much dirt it will shift whilst at the same time you will be halving the load and halving the effort.

Dutch Hoes and Cultivators

Use small ones with long handles, and use your arms and legs.

Wheelbarrows

We seem to believe that a wheelbarrow must have one wheel, but if you have the slightest disability in balance or co-ordination one wheeled barrows become monstrosities. I find the two wheeled Daytek Home Handy a delight to use in every way.

For people with the use of only one arm, I am attaching garden tools to forearm crutches. The garden fork is working very satisfactorily. I need to do more experimentation to reach anywhere near optimum performance. I believe that the principle of using a forearm crutch is sound and I am using a readily available modification. Even broken crutches can be used.

For people in wheelchairs, I have many raised beds, and I have just started to tackle the problems of working at ground level from a wheelchair. I have attached the Daytek Home Handy to the wheelchair for transportation of tools and plants, and have put extended handles on the small hand tools we normally use.

In conclusion, I believe that while we insist on buying the tools our grandparents used, we make it very difficult for manufacturers in Australia to produce modified tools for the market. We are a vast continent with a small population and this means that any modified tool has a small market with high distribution costs. It seems to me that we will have to rely to some extent upon imported tools for the range of tools that we need to cover the whole range of disabilities that are providing a challenge.

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Furniture Polish

Take equal parts of methylated spirits, vinegar, turpentine and linseed oil; put in a bottle, shake well and use in ordinary way.

EXPANSIVE SOILS

by Greg Baker, Braidwood, NSW.

Whatever your opinion of building inspectors, you cannot deny they see many buildings. The CSIRO Division of Building Research, while investigating the performance of footings, has surveyed the opinions of building inspectors and consultants in New South Wales, Victoria and Queensland. In New South Wales and Queensland there was general agreement that the main causes of footing failures in single-storey detached houses were inadequate site investigation and poorly chosen footings. This is not particularly startling.

The Victorians were a little more specific. They considered that the causes lay in inadequate maintenance of water and drainage services and in overwatering of gardens. While this may seem a little obtuse, the key word is 'water'.

The fact that water has an effect on footings is not a recent discovery. However, as our cities grow and as more people move to the country the effect of water is becoming more important. This is because more houses are being built on what are known as expansive soils; these soils have the property that they swell when wet and shrink when dry. If these soils are deep enough and wetting or drying dominates, the heaving caused by swelling, and the settling caused by shrinking can be large enough to cause light footings to fail.

There are two main sources of wetting and drying. One is seasonal and is largely confined to the top few metres of soil. The other source affects soil to greater depths — ten metres or more. Main wetting influences here are burst and leaking pipes, poorly maintained drains, and excessive garden watering. The main drying influence here is from trees planted close to buildings. The action of the trees is to remove water from the root zone and pass it out to the atmosphere via the leaves.

While the nonseasonal influences are in principle controllable, in practice it would not be possible to maintain constant soil moisture and prevent heaving or settlement altogether. The answer is to know what you are building on and to put in footings which are adequate regardless of soil moisture considerations. If you are building on expansive soils this will often mean a concrete slab on ground with integral stiffening beams, the so-called stiffened raft.

All this probably leaves those building their own houses having to pay for professional advice. Either that or overbuild, which I guess a lot of us do anyway.

The above is a short review of 'Soils Shrink, Trees Drink and Houses Crack', an article in the CSIRO magazine on science and the environment, ECOS Number 41 and is available for \$2 from the CSIRO Editorial and Publications Service, PO Box 89, East Melbourne 3002.

Handy Hint

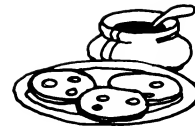
To help teenagers fight those pimples here is a recipe that need only be applied once a week for excellent results. Mix ½ cup oatmeal, 2 teaspoons honey, 1 teaspoon rosewater thoroughly and apply to face. Leave for ½ hour then wash off with a face washer and warm water.

K. Gurgentin, New Norfolk.



STEAM COOKING

by Hylda Bracewell, Torrington, NSW.



Not everyone is fortunate enough to have a stove with an oven. Some, of course, have camp ovens in which they contrive to do wonders with cakes and breads. All of the following recipes are steamed. That is, the mixture is placed in a tin, a steamer or other suitable closed container and then placed in a saucepan, billy or commercial steamer in which the water only comes half way up the container. The advantage of steam cooking is that you can cook on an open fire or on top of any cooking or heating stove. An oven is not necessary to turn out delightful 'cakes'.

Two years of cooking with only a two-burner gas stove in our caravan and the usual camp fire and open fireplaces caused me to experiment with old recipes and the following are some of the results. I hope you enjoy them as much as I do.

Don't throw away your soup tins, baked bean or small fruit tins. They are ideal for these recipes. If you do not indulge in tinned foods, your friends could always oblige by keeping theirs for you. To tightly cover the tins so that no water enters your rolls, tear off a piece of foil and cover the top and run your fingers very firmly right round the tin so that the foil adheres to the tin — about three inches down the tin. The 440 g (1 lb) tins are just right.

Golden Savoury Roll

- ½ cup grated tasty cheese
- 1 cup mashed dry cooked pumpkin
- 1½ cups SR flour (wholemeal if you prefer)
- 1¼ cups milk
- handful walnuts

Mix all together thoroughly. Place in greased tins. Cover tops very tightly with aluminium foil. Steam for one hour making sure the water is boiling briskly all the while. Cool slightly before turning out. Makes three rolls.

Cheesey Onion Rolls

- 4 tbsp butter
- 2 cups wholemeal SR flour
- 1 tsp baking powder
- 1 tsp dried mustard
- 2 small onions, peeled and finely chopped
- 1 egg, lightly beaten
- 125 g (4½ oz) grated cheese
- ¾ cup milk
- 125 g (4½ oz) chopped walnuts.

Beat butter until creamy, then add mustard, egg, cheese and milk. Mix in flour, baking powder, onion and walnuts. Spoon mixture into greased 440 g (1 lb) tins, about ¾ full. Place foil tightly across top and steam for one hour. Cool slightly before turning out. When cold, slice and spread with butter.

As a variation I have added about 4 tablespoons of chopped ham to this recipe and it was very tasty.

Five Fingers

- 1 cup SR flour (wholemeal if preferred)
- ½ cup sugar or honey
- 1 cup of mixed fruit, nuts, seeds
- 1 cup of mixed bran, wheatgerm, oats
- 1 cup milk

Mix all together and place in greased tins. Cover tightly with foil and steam for one hour. These rolls keep moist for a long time, so I usually double, triple and even quadruple the mixture and sometimes make 8 rolls at a time. I use dried fruit, sesame seeds, sunflower seeds, chopped apricots, ginger, and practically anything else I can find in the cupboard! They are delicious.

Sultana Roll

- 1 cup sultanas
- 1 cup mashed potato
- 1 cup sugar
- 1 cup milk
- 2½ cups wholemeal SR flour
- ½ tsp each spice, cinnamon and nutmeg

Mix all ingredients together thoroughly. Half fill greased tins; cover tightly with foil and steam for one hour. Cool slightly before turning out. Slice when cold and spread with butter to serve. Makes 4 rolls.

Afternoon Tea Roll

- ½ cup seeded raisins
- ½ cup sultanas
- handful chopped walnuts
- 1 tsp bicarb soda
- 2 dsp sugar
- 1 dsp butter
- 1 tsp cinnamon
- 1 cup boiling water
- 1½ cups wholemeal SR flour

Place soda, butter, cinnamon and sugar in basin and pour over boiling water. Stir until sugar is dissolved then add flour, walnuts and fruit. Place in three greased tins, cover with foil and steam one hour. Cool slightly before turning out.

Raisin Apricot Roll

- 1½ cups seeded raisins
- ½ cup chopped apricots
- 1½ cups water
- 1 tbsp syrup
- 2½ cups SR flour
- ½ tsp bicarb soda
- 1 tbsp butter
- ¾ cup sugar
- 1 egg
- ½ cup milk
- ½ cup chopped walnuts

Combine in saucepan water, chopped raisins, apricots

and syrup. Allow to cool slightly. Cream butter and sugar, add egg and milk and beat well. Sift together flour, soda and add chopped walnuts. Fold in dry ingredients alternately with fruit mixture. Spoon into greased tins. Cover tightly with foil and steam for one hour. Allow to cool slightly before turning out. Makes five rolls.

Fruit Rolls

- 1 cup milk
- 4 tbsp golden syrup
- 2 cups plain flour
- 3 tsp baking powder
- dates, nuts, fruit or seeds

In a saucepan place syrup, milk and whatever dates, nuts, fruit and seeds you desire. Heat just enough to mix thoroughly. Then add flour and baking powder. Grease three 440 g tins, and fill to two-thirds full. Place foil across top and steam for one hour. Cool before turning out of tins.

Wholemeal Sultana Apple Rolls

- 425 g (15 oz) can pie apple or freshly stewed apple
- 4 tbsp butter
- 2 tbsp golden syrup
- ½ cup water
- 1 cup brown sugar
- 1 egg
- 2 cups wholemeal SR flour
- 1 cup white SR flour
- 1 tsp mixed spice
- 1 cup sultanas

Melt butter with syrup and water, add sugar. Then add flours, spice, lightly beaten egg, sultanas and apple. Spoon mixture into greased tins, cover tightly with foil and steam for one hour. Cool slightly before turning out.

Cherry Coconut Roll

- 1½ cups wholemeal SR flour
- 1½ cups coconut
- 1 cup sugar
- 1½ cups milk
- 1 cup chopped glace cherries.

Mix all together thoroughly. Place in greased 440 g (1 lb) tins. Cover tightly with foil and steam for one hour. Cool before turning out. Makes three tins. A favourite with the kids.

Boiled Fruit Pudding

- 1 tbsp butter
- 2 tbsp sugar
- 1 cup fruit
- 1 cup milk
- 1 tsp bicarb soda
- 1 cup wholemeal SR flour

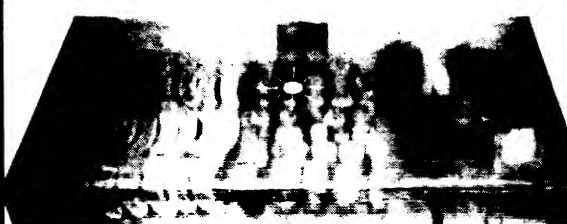
Boil butter, sugar, fruit and milk for 10 minutes. While boiling stir in bicarb soda and flour. Steam in basin or steamer for one hour. For a special treat, double this mixture, add a little extra fruit, steam in a large steamer. First day, serve hot with custard. Next day serve cold, sliced and spread with butter.

REMEMBER. Cover the tins very tightly with foil, making sure that no water will enter the tins while cooking. Always leave plenty of room in the tins for the mixture to rise. Never completely fill the tins. Half to two-thirds full is ample. Always have the water boiling before placing tins into steamer, or alternately place tins in steamer and pour boiling water in. Replenish water during steaming if it boils away.

So you see, it is not necessary to have an oven to produce delicious 'cakes'. Good luck with your steaming!

Emergency Night Light

Use a small tin with well fitting lid and punch hole in the centre of the lid. Fill tin nearly to the top with wadding and saturate with paraffin. Place lid on and pull a little of the wadding through the hole as a wick. This will burn all night.



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DOWN TO EARTH FIRST AID

PART II

Anonymous, Sydney.

Part I of this article last issue covered life-threatening situations like severe bleeding, resuscitation and compound and spinal fractures, and common but nevertheless worrying injuries like cuts, sprains and burns. The series concludes this issue.

Kids' Problems

DEHYDRATION

Dehydration is a loss of water and salt from the body. It may result from vomiting and diarrhoea, excessive sweating (eg too much exercise on a hot day), or inadequate fluid intake. Babies and small children are far more prone to dehydration than are adults because of their relatively large surface area (so are elderly people).

Signs of dehydration:

- | | | |
|--|---|----------|
| ● thirst | } | MILD |
| ● rapid pulse | | |
| ● decreased urine output (or more concentrated urine) | } | MODERATE |
| ● sunken fontanelle in babies | | |
| ● sunken eyes (as pressure in eyeballs decreases) | } | SEVERE |
| ● loss of skin elasticity and tone (skin stands up when pinched) | | |
| ● restlessness/delirium/coma. | | |

Mild or moderate dehydration may be corrected with clear fluids taken orally — dilute cordials or fruit juices, soft drinks, tea or coffee, Staminade, clear soup or, best of all, a balanced salt-sugar solution such as Repalyte. If the child won't drink, they may need to be admitted to hospital for intravenous fluids. Severe dehydration should be treated in hospital.

POISONING AND OVERDOSE

With three exceptions, the treatment is to induce vomiting. Every home in which there are young children should keep a bottle of Ipecac syrup (from the chemist) for this purpose — it's very efficient. But by fair means or foul, empty the stomach.

The exceptions?

1. If the poison is **CORROSIVE**, ie a strong acid or alkali such as oven cleaner, do *not* induce vomiting. If it burnt all the way down, it will burn all the way up again (the stomach can cope with these things, but burns to the mouth, and particularly to the oesophagus, can cause major problems). The patient should swallow lots of water to dilute the chemical.
2. **PETROLEUM DISTILLATES**, eg kerosene and petrol, are dangerous when vomited because they are volatile and may be inhaled into the lungs. Once there, they are extremely irritant, and may cause pneumonia and even death. The lungs may likewise be affected just by the initial ingestion, and if wheezing or breathing difficulties occur, contact your doctor immediately. Milk seems to lessen the unpleasant effects of these substances on the stomach.
3. No attempt should be made to induce vomiting in a

drowsy or unconscious patient — stomach contents could easily end up in the lungs as the normal protective reflexes are depressed. This tends to be lethal.

The only other thing you should know about poisoning is the phone number of the Poisons Information Centre in your state — keep it next to the telephone.

CONVULSIONS

Convulsions (fits) are frightening things, surrounded by many myths, but in fact, rarely difficult to treat. A convulsion occurs when there is a sudden burst of electrical activity in the brain, causing a corresponding burst of muscular activity in the limbs, usually accompanied by loss of consciousness. It is usually brief and does the person no harm, although prolonged convulsions occasionally cause brain damage. Why does it happen? The variety of causes include epilepsy, head injury, meningitis, and in children, high fever. What to do? Remember the ABC of resuscitation — maintain the airway. This is best done by rolling the child onto the stomach and turning the head to the side. Don't put things in their mouth — they can't swallow their tongue. The fit usually stops within five minutes, though it may seem more like an hour. Reduce the temperature if necessary, and take the child to the doctor, as it is important to elicit the cause of the fit and treat any underlying infection. Children under five years are prone to convulsions when they have high fever, so cooling hot kids is a good preventative measure. Remove the child's clothing (you'll never cool them down while they are wearing two jumpers, socks and a beanie), give a tepid sponge and perhaps some Panadol. Fanning may help too. Anyone who has had more than one fit should probably be on regular anticonvulsant medication, because subsequent fits may be prolonged or more severe.

Miscellaneous

CONCUSSION

This much misunderstood word just means the effects of loss of consciousness (brief or prolonged) caused by head injury — drowsiness, headache, nausea and vomiting. These usually wear off over minutes or hours, but there is another danger — there may be bleeding inside the head causing compression of the brain. If this is going to occur, it will do so within four hours of the injury — the signs are deepening drowsiness or unconsciousness and perhaps vomiting, fitting, or a dilated (enlarged) pupil on one side. If someone is unconscious or becoming increasingly drowsy after a head injury, there is not much you can do except maintain the airway and make for the nearest hospital. If, on the other hand, someone is just feeling wuzzy after a bang on the head, you don't have to panic, but you should keep a close eye on them for four hours. You don't

GRASS 25 ROOTS

Life without the electricity on? Give away our stereo and drier and blender and juicer and...? Who would want to do that? There are many people who want to live independent of their local power supply, and many others who for either financial or geographic reasons have to dismiss it as an option. What do they do, how do they cope? Two readers share their experiences on this critical subject.

Who Needs the SEC?

by Anne and Robin Hughes, St Arnaud, Victoria.

In December 1981, at the start of the last drought, we threw caution to the winds and bought our piece of paradise. This was an L-shaped 34 acres of dry, worked-out farming country near St Arnaud in Victoria, with a half-started mudbrick house on it. Four and a half years later we have a nearly finished very comfortable mudbrick home, vegie and herb garden, orchard, flower garden, a mob of stud Border Leicester sheep (the more notable being Hortense, Juno, Snuffles, Mrs Brown and HRH Big Ears), rapidly multiplying Pekin Bantams and four goats (Second, our lovely Toggenburg supplies us and another family with milk). All this is overseen by our 14-year-old red Kelpie, Dougal who, in previous lives has been, a used-car salesman, Don Quixote, an Italian spaghetti eater, and a professional beggar. In this life however, he is mortally afraid of sheep, goats, guns and thunderstorms.

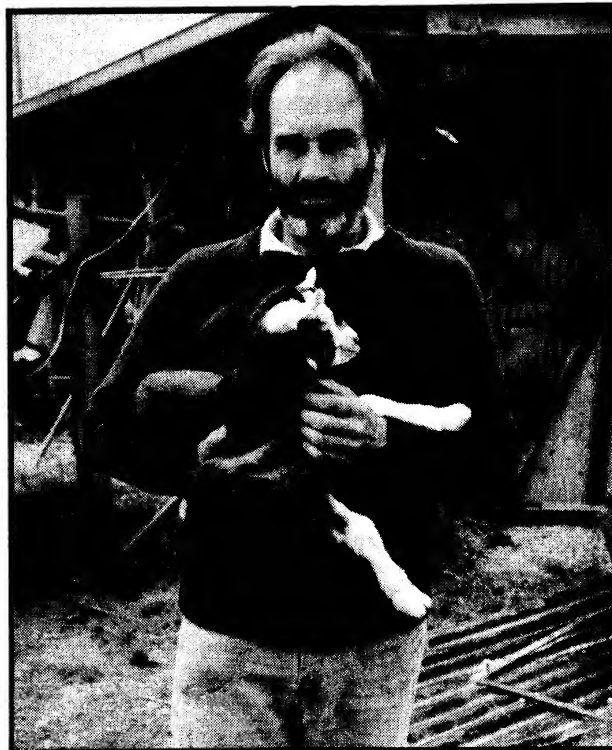
Our worn-out land with its 'good history of super' is being restored with a modified Wallace plough using Yeoman's keyline principles and Mollison's permaculture methods. We hope to see some improvement in both the pasture and animal health in the next three years or so.

When we bought 'Folly Farm' (as it is affectionately known to our friends and relatives) we knew that we could not have the SEC on, having heard vague sums of \$10,000 and higher being mentioned, so from the outset we planned an alternative energy system. A 1930s vintage Hannan's 12-volt wind generator and four solar panels charge our 500 amp. hours battery bank and with an occasional boost from our 240-volt generator. This supplies all our lights, refrigerator, and, through an inverter, ceiling fans, television, juicer and stereo.

We decided that we really didn't want to do without the washing machine, iron, vacuum cleaner, Kenwood mixer, Little Ark grinder and a pump for the overhead tank so a 240-volt generator was essential. After much research we (or rather Robin) decided to convert a 6-cylinder Holden red engine to a 3-cylinder low-speed engine to drive the generator. Our 'General' has been running for two years now and has clocked up 400 hours. It not only runs the household appliances but also runs the extensive workshop, powers our saw-bench and runs a one-stand shearing plant (not all at once of course!). Fuel consumption is $\frac{1}{3}$ - $\frac{1}{2}$ gal. per hour, depending on the load.

We opted not to have an automatic start because this encourages us to check the engine (oil, water, fuel) before start-up but the remote stop will be a vast improvement because it is a fifty yard sprint to the power house.

All this may sound very easy and utopian but there has been an enormous amount of work involved in having our generator built and running smoothly. Fortunately Robin has



Above: Robin Hughes holding Isaac, a young goat kid.

Below: Anne with a freshly pulled bulb of garlic — organically grown of course!



a wealth of experience behind him having been, amongst other things, an Installations Inspector with the SEC and manager of an electrical manufacturing and contracting firm in Melbourne. My qualifications and experience are also considerable but in areas of almost no use at all in the lifestyle we are pursuing.

The benefits of our energy system are such that a nonmechanical nong like me can run it quite well even though volts, amps and watts are totally meaningless to me. Ease of maintenance, long life and the cheapness and availability of spare parts, low running costs and versatility have made our transition to alternative energy very easy.

Robin is in the process of building a second 'General' which will be for sale when complete and tested. If anyone is needing some help with alternative power systems or is interested in our 'General' we can be contacted on 054-963-268 or write to us, Robin and Anne Hughes, PO Box 132, ST ARNAUD 3478.

Further Reading

Permaculture One: A Perennial Agriculture for Human Settlements, Bill Mollison, Tagari Publications, 1984, second ed.

Permaculture II: Practical Design for Town and Country in Permanent Agriculture, Bill Mollison, Tagari Publications, 1984.

Organic Gardening, Peter Bennett, ANZ Book Co, 1979.

The Turning Point, Frijtof Capra, Bantam.

The Secret Life of Plants, P. Tomkins and C. Bird, Penguin Australia, 1974.



'The General' our reliable generator that has been running for two years and clocked up over 400 hours.

Living Without the SEC

by Geoff Bradshaw, Mt Evelyn, Victoria.

About two years ago our family decided to leave the comforts and frustrations of suburbia in exchange for the freedom and delights of country life. Land was purchased at Mt Evelyn in the foothills of the Dandenong Ranges near Melbourne, and a builder contracted to erect a suitable dwelling (for two families) of about 32 squares. However, one of the major problems was that there was no electricity supply to the land, and the cost of bringing power to our block was at the time quite prohibitive. Thus we had the challenge of providing our own supply. We discovered that there was much more involved in generating your own electricity than was at first apparent, and the experiences and insights gained are the subject of this article.

Firstly, it was necessary to decide on the primary power source. Although there is something inherently satisfying about deriving energy from wind or sunlight, we decided not to rely on either and to play safe with a motor generator. Natural energy sources could always be added later if necessary.

In deciding between diesel and petrol, we discovered that a diesel generator costs about six times as much to buy as petrol, but lasts perhaps 20 times as long; will run if necessary for 24 hours a day on full load, and cost half as much to run.

This seemed a good long term investment, so we purchased a 4 KVA Lister generator with remote start facilities so that the generator could be turned on and off from the house. The generator was relegated to the garage in order to minimise the noise problem.

When the equipment was eventually installed, the exhaust was very noisy, but when connected to a 44 gallon drum sunk into the ground as a silencer, this proved so effective that we virtually had to put our heads out of the window to hear if the generator was running.

Before deciding on the size of the system, it was necessary to calculate our daily power requirements. Electricity is too expensive to waste on heating, cooking, and hot water so we opted for wood fires for all these purposes, with one exception — a microwave oven that we already owned. Even without all this, we calculated that we would use about 12 kilowatt hours per day by the time we included two refrigerators (which we preferred to keep rather than change for gas), lights, television, washing machine, vacuum cleaner and hair dryers.

Energy consumption in kilowatt hours can be calculated by multiplying the power of each appliance in watt by the time of use in hours and dividing all this by 1000.

We concluded that a 4 KVA generator (equivalent to about 3200 Watt) should be able to cope with all this provided that restraint was exercised as to the number of appliances used at the same time.

The cheapest system to install would have been a 'demand start' generator which would simply switch on whenever power was needed. However, since for most of the time power requirements would be very much less than the capacity of the generator, the running costs of such a system would be very high, and clearly some form of energy storage was indicated.

Thus it was planned to run the generator when peak load was required, eg. when the washing machine was running, and for the rest of the time battery power would be used. A 2000-watt battery charger was included in the system, and our experience has been that provided the generator is run for about 2½ to 3 hours per day, this is sufficient to keep the batteries charged.

The next question to be answered was how many batteries were needed and what voltage? To calculate the energy storage in a battery bank, the number of amp hours is multiplied by the voltage and the result divided by 1000. This gives the energy storage in kilowatt hours enough for 2-3 days provided that we didn't use the washing machine or vacuum cleaner.

Another major problem was the fact that all the electrical appliances that we were planning to bring with us, including the two refrigerators were designed to operate from a 240 volt AC supply, whereas our batteries deliver 24 volt DC.

Modern technology to the rescue! Recent years has seen the development of very efficient solid state inverters which change from direct to alternating current and increase the voltage at the same time to the required 240 volt.

We chose an 1800-watt unit, because we were advised that this is the minimum recommended to run a refrigerator. Our inverter is manufactured locally by Wind Energy Australia (WEA), and it has very successfully run the two refrigerators plus various other devices, including lights. In fact we decided to make the whole house a conventional 240-volt system. When the generator is on, the house is powered directly from it; when the generator is turned off, a relay disconnects the generator and connects the inverter to the house.

The inverter is the 'autostart' variety so that it only runs when power is needed, thus saving considerably on energy.

Our system has now run beautifully for about 18 months, but there were still two other problems that had to be overcome.

The first of these arises from the fact that when an electric motor from an appliance such as a washing machine or refrigerator is turned off, in the second or so that it takes for the motor to stop running, the motor itself acts as a generator sending a voltage back down the line to the power supply. Thus there existed the possibility that if the system were to be switched instantly from generator to inverter, this voltage would result in damage to the inverter. The way out of this dilemma was to include a hydraulic time delay with the relay which controlled this changeover.

Thus now, when the generator is switched off at night, all the lights in the house dim slowly and dramatically, and then three or four seconds later come on again as the inverter is switched on.

Problem number two related directly to the refrigerators. The induction motors used in refrigerators do not take kindly to being switched off and then on again. When our system was first installed, whenever the generator was switched on or off, it was necessary to go through the sequence of switching off both refrigerators and then leaving them off for five minutes or so. This proved excessively tedious, and we eventually resorted to installing a special circuit just for the refrigerators

which was connected directly to the inverter, thus isolating them from any changes in the rest of the system.

Any other problems have been very minor, and the only maintenance required has been routine, such as changing the oil in the diesel and topping up the water in the batteries. In fact the system has provided very nearly the same convenience as a normal domestic supply, but with the satisfaction of being independent.

The running cost has been about \$12 per week, but this could be reduced significantly by buying diesel fuel in bulk and obtaining a road tax exemption. This cost is comparable to what we used to pay for electricity in the city, but to be fair we used more power then. The cost per kilowatt hour works out to about twice that charged by the State Electricity Commission.

Providing our own power has been a very interesting and at times frustrating challenge, but I suppose it is like any other aspect of developing an alternative lifestyle — there is always much more to it than at first meets the eye!

There is an aftermath to this little saga. After 18 months of running our own system, we were notified by the SEC that we could be connected to their system at a moderate cost, and with some mixed feelings we decided to accept this. We thus now have a complete and operational system in excellent condition sitting idly in our garage. If anyone is interested in taking advantage of our experience and purchasing all or part of the system, I can be contacted on 03-736-2426, or you could write to me at 7 Mikado Rd, Mt Evelyn 3796.



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Tantrum Trauma

By Frustrated, NSW.

By the age of 12 months our child was establishing a very distressing behavioural pattern — tantrums. By the age of 18 months the tantrums had become a daily routine. At two years old the tantrums were a way of life, and I had become good material for transportation to a rubber room.

In a final effort to convince myself that I was a normal mother, we visited the Child Guidance Clinic for help. There I was given some delightful methods for controlling a child in tantrum while the cause of the tantrums was being diagnosed. Many incorrect labels were produced, including hyperactivity, hypoglycaemia, and other titles that were not only inappropriate but unpronounceable.

Until, with some help from a family member, we happened across an item in a small paperback book that described the behaviour in detail, and did prove to be the cause of the problem.

I make no claims to being an 'expert' on child psychology, and I do stress that each child with a problem needs individual attention, and sometimes help from the professional sector. But sometimes a problem, if correctly recognised, can be treated at home by the parents, without the hassle of feeling inadequate in the eyes of others.

One of the major problems any child has to deal with is the problem of his own personality. The most troublesome type is the child who cannot make shifts (transitions): i.e., cannot move easily from one type of activity to another, from one situation to another, or from one stage of behaviour to the next. The child becomes 'stuck' wherever he happens to be and cannot, without help, move on to the next thing.

The child who suffers this personality difficulty is normal in all respects except that he is simply unable, without help, to move easily from one thing to another. What he needs is not punishment when he fails to make some necessary transition desired by his parents, but real and specific help from his parents whenever there is a transition to be made.

The child is not bad, merely bad at making transitions, which is a definite characteristic of his individuality. He cannot by himself make the necessary shifts from one thing to another, so the parents must provide the stimulation needed to make the shift.

Whatever activity the child is involved in has his total attention, and an interruption or sudden distraction is the trigger for a tantrum situation. Simply taking the child from play to prepare for another activity (eating, bathing, going out) can be the cause for a tantrum, as his attention has been broken and anger is vented as a tantrum.

To prevent tantrums the child must be mentally prepared as to the coming change of situation. He must be told in advance, and many times over, until he shows a willingness to cooperate with your desired change.

Communication is the vital keyword. The child must be verbally told about the coming change, and his willingness must be obtained before any change can be made without a tantrum. His absorption in his current activity should not be broken but woven into a smooth transition to enable every-

day routine to flow as smoothly as possible.

Almost immediately, when correctly done, the tantrums cease and life can be once again as peaceful as it should be providing the parents always are aware of the child's problem, and continue to provide the necessary mode of transition for each situation. As the child grows the problem of being unable to shift remains with him always, but can be relieved by all who are concerned with him knowing of the problem, and knowing how to treat each situation.

Our child had been having tantrums for over a year, and at first would not accept normal behaviour. So occasionally a tantrum would occur over some minute thing. At these times I found that his favourite snack proved to be a good distraction for him, although this should not become a bad habit, or the child can turn the situation around and manipulate the parents instead.

The most important thing to remember with this type of problem is *never* to try to *control* the child in tantrum. Try instead to create a favourable distraction, on one track only. If many distractions are offered the child becomes confused and will only show more anger in his tantrum. After all, confusion is the problem. Inability to shift is merely a child's inability to concentrate on more than one thing at a time, and he becomes confused when distracted, and shows this confusion as a form of anger — tantrums.

The problem of children having tantrums is all too often ignored by most. But for those of us who have to live with tantrums, it can be distressing to say the least, and can cause troubles within a family that would otherwise not surface. Many side-effects are created when one of the family has continuous tantrums. Friends desert the scene, marital disharmony occurs, not to mention the mental anguish of the mother who just has to live with the problem.

Being a good parent is not always as simple as having the children and watching them grow, while life runs smoothly around you.

Sometimes a child's behaviour is hard to understand, and no amount of love and good care will alter the fact that you have produced a child with a problem. A problem that will always be there and that needs to be attended to constantly.

It was quite an eye-opener to me when finally we had our child's problem tagged, as I'd come to think that I was simply a bad mother and that my child was a 'throw-back' of sorts.

After having discovered our child's problem, it was a matter of instinct, as to how to treat it. Each situation suggests its own cure which must suit personal lifestyles and families. Sometimes professional help is needed, and in my case, even though I discovered the cause myself, the assistance of the doctor was indeed helpful.



Handy Hint

At the first sign of a cold, try eating 8-10 small leaves of white horehound crushed with honey or put them between a lettuce and vegemite sandwich. Repeat as often as needed.

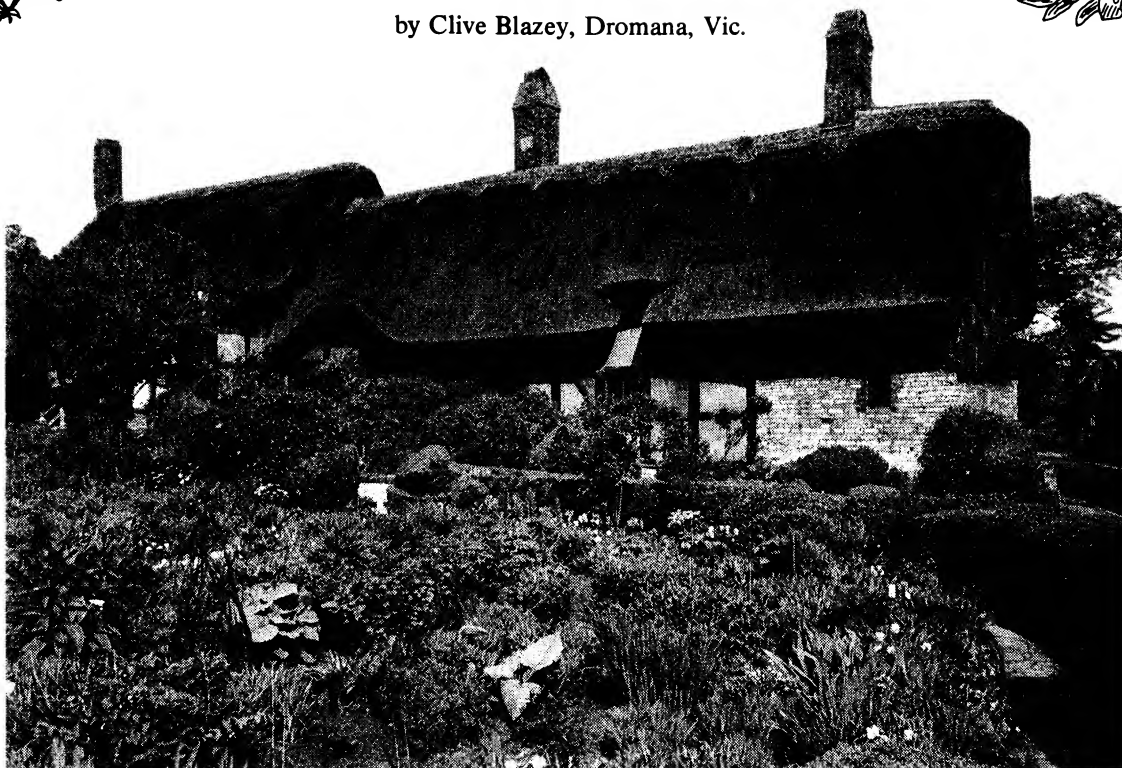


COTTAGE GARDENS



PART I

by Clive Blazey, Dromana, Vic.



Anne Hathaway's Cottage, Stratford-upon-Avon.

Why indeed should anyone have a commonplace garden in a commonplace rectangle? Endless variations are possible for those restricted in space but not in their imaginative ideas. For my own part, if I were suddenly required to leave my own garden and move to a bungalow on a housing estate or into a council house, I should have no hesitation at all about ruffling the front garden into a wildly unsymmetrical mess and making it as near as possible into a cottage garden which is probably the prettiest form of gardening ever achieved in this country in its small unambitious way. I should plant only the best things in it, and only the best forms of the best things, by which I mean everything should be choice and chosen. When you have only a very small area to your command you cannot be otherwise than selective.

Vita Sackville West, the creator of the famous Sissinghurst Garden in Kent, was a great devotee of cottage gardens and in her garden articles expressed her passionate enthusiasm for this sadly neglected form of gardening. What she would have had to say about the modern trend to 'carpet bedding' we can only guess but you can be sure she would have found very little material in the dwarf, uniform and mixed colour seedlings offered by most seedling growers today.

The Cottage Garden Explained

A true cottage garden is a natural garden of gay profusion whose beauty lies in the individual flowers and their haphazard association. It developed from the humble aspirations of the rural cottagers of England who only needed a few pence for packets of seeds to create a flower garden overflowing with exuberance. This cheerfully disordered little plot has a rustic simplicity and charm reflecting their intense love of nature and devotion to their gardens. One has only to walk down the country lanes of England to find pictures of greater beauty than is likely to be found in the overworked formality of the

so-called 'grand gardens'.

It's surprising how relevant a cottage garden can be for aspiring Australian gardeners restricted by the shape of a rectangular block and a brick veneer framework. For those with imagination and adventure the modern suburban block can be transformed into pretty floral pictures of a complete cottage garden. We have the sunlight and water; the seeds and plants; all that is required is the spark of enthusiasm.

A cottage garden could also be made to fit very comfortably with an Australian bush garden. Some flowers would be too bright compared with the bland colour forms and restrained tones of our shady bush, but other cottage flowers, like hollyhocks, foxgloves, lavender and lilies, would greatly enhance an Australian bush garden.

The typical modern suburban garden with its mixture of trees, shrubs, garden beds and lawns would be greatly improved by the planting of tall cottage garden flowers which have a diversity and height lacking in the range of bedding plants offered today. Bedding plants have a different form with masses of colour on dwarfish plants (only 30-60 cm high)

Naturally, every garden must be a law to itself. So much depends upon soil, aspect, and the taste of the owner. More depends upon his taste than his purse.

Vita Sackville West's Garden Book.

whilst a cottage garden will have a colourful exuberance up to 2 m high and over 3 m if hollyhocks were planted.

A cottage garden needs height and bulk to give the garden its three dimensional form. The cottage gardens of old relied upon tall foxgloves, larkspurs, sweet rocket, honesty, clarkia, godetia and canterbury bells to give their spring planting schemes character. In summer hollyhocks, delphiniums, cosmos, cleome, blue salvias, love lies bleeding and flowering tobacco provided the stature. Sadly very few of these tall plants are offered in most nurseries so gardeners have to raise them from seed.

A cottage garden would be carefully selected for its harmonious colours so that the really 'bright flashy' yellows and reds would be softened with the more neutral whites and greens. Today most seedlings are offered in mixed colours so that colour clashes are frequent. Imagine a look of horror on the face of a painter when he goes to buy paint and finds all the tubes come in mixed colours! So cottage gardeners must be careful to check that if mixed colours are offered they are not discordant.

There are no hard and fast rules about what plants are suitable. Most cottage gardeners grew vegetables and herbs for the very good reason that diversity tends to eliminate pest problems. Parsley and chives are two indispensable herbs but the perennial aromatic herbs sage, rosemary, wormwood, tansy, lavender and bergamot provide both colour and scent to any planting combination and they also repel insects. Silverbeet and chicory are both ornamental and edible and worthy of a place in any garden. Scarlet runner beans and climbing peas are happy companions for the more often grown climbing sweet peas.

There are many other flowers often associated with cottage gardens such as the sweet smelling mignonette, English primrose, pansies, cottage pinks, especially Mrs Sinkins, and many of the charming wildflowers such as love in the mist, cornflowers, Flanders and Californian poppy.



Starting Your Cottage Garden

PLANNING

It is essential to locate your cottage garden in a bright sunny position, with reasonable wind protection and easily worked soil, so shade-loving plants are excluded and a location facing north or west is preferable. There should be very little lawn and few trees or shrubs. You may like to arrange curved paths through your cottage garden so visitors can walk through and become momentarily enclosed in the garden.

Using graph paper, plan your garden layout in bold groups of plants of a single variety or colour, so that you have a contrast in heights, colours and flower forms. Avoid straight lines and regimented rows. Space plants apart two thirds of eventual height, so for 1 m tall plants allow spacing of 60 cm apart. Use red and yellow colours sparingly and tone down their brightness with white, grey or green. Pink, white and blue colours blend easily together, so use them to form your colour framework with dots of yellow and red to liven up the picture.

Remember when making your plan to keep a balance. Tall plants like foxgloves and hollyhocks are needed for height and bulk. Upright, pyramid-shaped flowers like salvias and lupins are the backbone, with typical 'mounding' plants like marigolds and petunias forming a 'fill-in' role.

Don't limit your choice of plants to just flowers. Most cottage gardens contain a blending of annuals, perennials, herbs, vegetables and shrub roses, providing they have a form and colour that is appealing.

Annuals are the mainstay of cottage gardens, but many are not available as seedlings. You need to work out what seeds or seedlings are available to you and plan your beds accordingly. Mail order catalogues are a good source of unusual plants.

SOWING GUIDE

Because annuals grow, flower and die usually within six months it allows cottage gardeners two displays each year; one in winter and spring featuring frost-hardy annuals and the other in summer and autumn utilising frost-tender annuals. It is vital to carefully select plants by their flowering seasons or flowering periods will not coincide and the whole display will be out of harmony. Hardy annuals are best sown in autumn to flower in late winter and spring whilst tender annuals are sown after last frost (or indoors at 20° C) in spring to flower during summer and autumn. Hardy annuals can also be sown in early spring to flower in November/December. Some hardy annuals flower too late and are best included in summer displays (cornflower, helichrysum, mignonette, statice, stock).

Perennials are plants that live for between two to five years and by dividing every three to four years can be flowered every year more or less perpetually. Perennials could easily be called the perpetuals. They differ from trees and shrubs, lacking a woody stem, so that they are unable to reach heights of over 4-6 feet.

Perennials need half the care of annuals. You plant them just once but over a four-year period you may have planted and lifted your annuals eight times! Perennials are hardy

plants that survive our cold winters and continue to multiply like daffodils until after three or four years they need to be lifted and divided. Although they initially cost more than seedlings, over a four year period a garden of perennials is much cheaper. Perennials and mulching go hand in hand to eliminate all the problems associated with planting annual seedlings. Because perennials are offered as large mature plants they can be mulched at the time of planting so that weeding is completely eliminated and that saves most of the work in the garden. The practice of mulching also saves watering because evaporation is cut by 50 per cent or more. Perennials grow better in dry climates without water than annuals (it's not that annuals can't be mulched but that their seedling size makes it difficult to mulch effectively). Perennials being bigger plants are better able to seek moisture deep down.

SOME DO'S AND DON'TS

Height. Don't plant too many ground covers as it is essential to have bulk and height. Don't plant around rocks as these will be overshadowed and out of balance with tall plants.

Spring Bulbs. Daffodils and tulips and spring flowering bulbs are not comfortable companions. Flowering is too short, dying leaves are unattractive, and bulbs easily damage when re-planting. Bearded iris and anemones and ranunculus are the exceptions and ideal bulbs for a cottage garden.

Transplant Shock. Plants that suffer from this must be sown in pots or Jiffies but not in seedling punnets where roots are susceptible to damage during separation of seedlings.

Be sure not to sow seeds outdoors after May and before August as soil temperatures are too low for germination. Ideal soil temperatures for outdoor germination are 15° C-20° C, usually from September-April.

Typical Flowers for a Cottage Garden

This is by no means a complete list. Local nurseries and mail order catalogues will give a much wider choice. Remember too that flowering times will vary according to planting times and local climatic conditions.

ANNUALS AND BIENNIALS

Spring Flowering. Pansy, African Daisy, Iceland Poppy, Flanders Poppy, Wallflower, Sweet Rocket, Corn Cockle, Californian Poppy, Honesty, Statice, Cornflowers.

Summer Flowering. Cosmos, Cleome, Nicotiana, Pin cushions, Flax.

PERENNIALS

Spring Flowering. Foxglove, English Primrose, Heuchera, Pinks.

Summer Flowering. Blue Salvia, Hollyhock, Delphiniums, Lupins, Erigeron, Pin cushions, Lavender, Phlox, Shastas.

Spring Flowering Bulbs. Blue Bells, Anemones, Freesias, Ranunculus, Bearded Iris, Chinchinchees.

Summer Flowering Bulbs. Lilliums, particularly Tiger and Madonna lilies.

Sources

COTTAGE GARDENS TO VISIT

The best time to visit these gardens is between October and March.

Garden of St Erth, Blackwood 3458.

* Heronswood, 105 Latrobe Pde, Dromana 3936.

* Badger's Keep, Chewton 3451.

* Bleak House, Calder Highway, Malmsbury 3446.

SEEDS

† Digger's, 105 Latrobe Pde, Dromana 3936

New Gippsland Seed, Silvan 3795.

PLANTS

Perennials. † Norgate, Blackwood Rd, Trentham 3458.

† Woodbank, Huon Highway, Longley 7103.

† Digger's, 105 Latrobe Pde, Dromana 3936.

† Countryfields, 167 Main Rd, Blackwood 5051.

Roses. † Ross Roses, St Andrews Tce, Willunga 5172.

† Treloar Roses, Keillers Rd, Portland 3305.

† Brundrett & Sons, Brundrett Rd, Narre Warren Nth 3804.

Bleak House, Calder Highway, Malmsbury 3446.

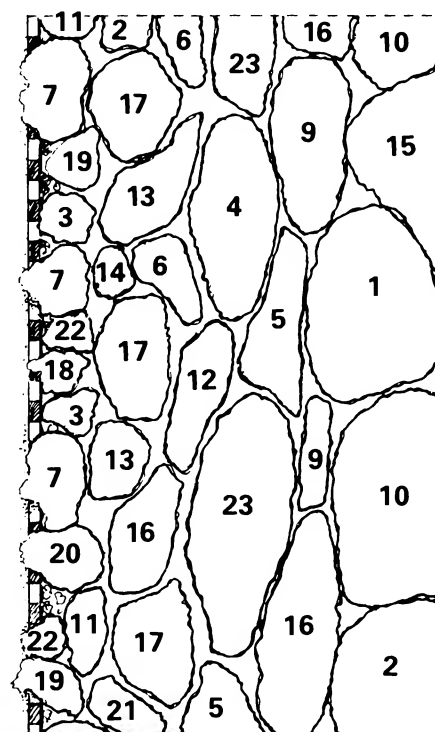
Badger's Keep, Chewton 3451.

† Digger's, 105 Latrobe Pde, Dromana 3936.

* Plants for sale on site.

† Free mail order catalogues available.

Readers may like to write in and tell us of gardens in other states that are open to visitors, or of suppliers of seeds and plants elsewhere in Australia.



Suggested layout for an Australian cottage border.

- | | |
|--------------------|-------------------|
| 1 Agapanthus | 13 Ixias |
| 2 Artemisia | 14 Lachenalias |
| 3 Bellis perennis | 15 Ladslove |
| 4 Campanulas | 16 Larkspurs |
| 5 Centranthus | 17 Love in a Mist |
| 6 Columbines | 18 Pansies |
| 7 Feverfew | 19 Pinks |
| 8 Forget-me-nots | 20 Primroses |
| 9 Foxgloves | 21 Scilla |
| 10 Geraniums | 22 Violas |
| 11 Grape Hyacinths | 23 Wall-flower |
| 12 Irises | |

Reprinted from *Creating Your Own Period Garden* by Peter Cuffley, published by Five Mile Press and available from Night Owl Publishers for \$9.95 posted. A review of this helpful book is in the *Book News* on page 49.

Dog Obedience Training

by Brigette Krum, Michelago, NSW.

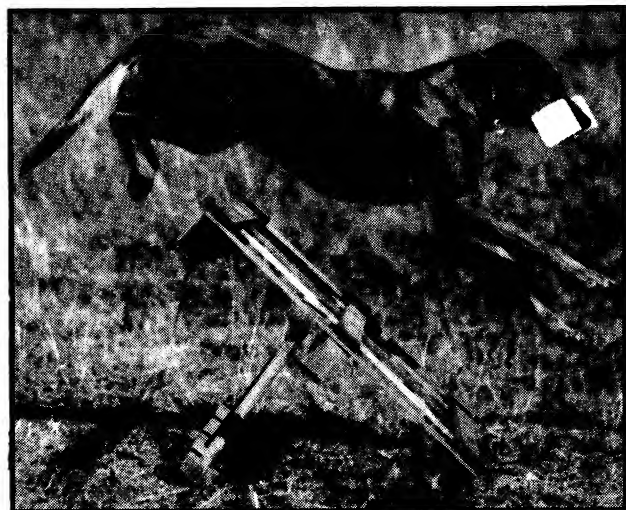
This may not seem to be a suitable topic for GR — but it's really a matter of your attitude towards it . . .

If you happened to read my article on dog kennels in GR 51 it may have struck your observant eye how the dogs sit (respectively lie) quietly in all photographs. This was achieved neither by magic nor by threat and intimidation, but by methodical, step-by-step obedience training, during which not just my dogs but also I myself have learned a lot — observance, patience, consistency and the unequalled joys of true teamwork.

I am not a self-taught dog obedience performing human. Out of sheer necessity, I overcame my aversions for clubs and joined the local one (ACT Companion Dog Club Inc.), hoping to learn how to gain some basic control over our then newly acquired, bouncy and disobedient 7-hand (28-in) Setter cross, George.

There is training for humans too — handlers are taught how to cope with their particular dog, in their particular situation. After an introductory talk during which a beautiful, well educated canine shows a casual, relaxed example of what a dog can learn to do (while most spectators exchange glances, thinking 'mine — never!'), beginners meet on a weekly basis for an hour's training session. The use of equipment is explained and demonstrated, as well as basic heeling techniques developed. After eight weeks, one braves ring-nerves for the first time, doing a test to reveal the standard of work so far. It is an exciting day, with lots of people milling about, dogs of all sizes and types, purebreds and mongrels sniffing and yapping, excited place getters and exhausted judges and stewards.

Most contestants have no trouble taking this first hurdle



George, six and a half stone Setter cross, training over a makeshift jump for graduate level exercises. The check-chain around his neck is only worn during training and enables the handler to correct the dog in a way that doesn't hurt — IF USED THE RIGHT WAY. Put on the wrong way, this humane tool turns into a dangerous choke-chain. Correct use requires instruction and practise.



A lot of people only take up obedience training to get their dog to obey the command to *come*, but subsequently become addicted to this 'new way of life.'

from which they continue onto the Intermediate (advanced, novice, graduate, open, utility, tracking . . . but whoa, after intermediate, things become tougher). Those dog/handler teams still attending classes and braving the elements for their tests every two months, will find as a rule that their dogs are very keen to jump in the car, anticipating joint activities and a canine social event ahead for the day. Garden-destroying, floor-mat eating, chook-chasing and generally misbehaving although still very lovable dogs turn into socially acceptable companions, with their bounce and drive channelled into team efforts of the Fido-and-master/mistress sort. It's not just to endear them to the otherwise anti-dog minded group of people many dog owners have to put up with; not just for ease of handling and communicating on our side, either (although the latter represents the major reason for dog lovers to join an obedience club).

It's a matter of finding a proper reason (or excuse) to devote time to your animal friend, every day — time spent entirely together, with full attention for one another. Time exceeding those minutes normally provided for feeding, or the occasional walk. You would not believe what 5 to 10 minutes per day can do! Aggressive dogs, timid dogs, hyperactive bouncy dogs, disinterested dogs . . . inhibited handlers, harsh handlers, uncoordinated handlers turn into teams of sparkling eyes, pricked ears, smart movements and alert minds, building a better relationship and new self-esteem.

Some drop out in between, satisfied with their achievements. Others discover hidden ambitions and continue further, at Novice level entering into the third dimension — official obedience trials. Surprising maybe for onlookers but not so for insiders is the fact that most trial-dogs do all their jumping, retrieving, article-seeking and amazingly accurate heelwork with wagging tails, signalling to the neighbourhood dog watching from the fence that all this is tremendous fun

Back to my starting-point — as you can see, I'm hooked. Training my fourth dog (red heeler Ruby, who replaces dachshund bitch Toos — Toos met her fate when she killed a

common brown snake), I have a marvellous excuse to indulge in my regular 'socials' with lovely people of all ages and walks of life, at tea-time after training. Not only have I found a new line of communication with my dogs but also made many friends, some of them grass roots-minded and very helpful people.

A far cry from the world of conformation shows, obedience training teaches us how a mutt of unknown ancestry can do as well, or sometimes better, than an expensive pedigree dog, how a nurse, clerk, typist, a diplomat, or a policeman can break the invisible barrier to make friends, how dissatisfied, bored young people suddenly thrive on their new interest, becoming responsible and understanding, and how in a few cases, people suffering from severe illness, whose mental and physical well-being became trapped in a vicious circle, arriving at the club with a hopeless and wilful dog, are turned into smiling convalescents with new strength of body and mind.

Further Reading

Training Your Dog, Chris Johnson.
Scent, Pearsall/Verbruggen.

For location of Obedience Training Clubs in your area, contact the Royal Agricultural Society in your state, or the Kennel Controlling Body (usually same address).

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BRIGHT IDEA FROM THE WHITSUNDAYS

by Eric and Kate Sturgess, Proserpine, Qld.

'A torch with a difference' is the best description of this brilliant yet simple piece of equipment. The torch looks like any other large torch but comprises a very bright 30-watt light powered by a small 12-volt motorcycle battery. The battery can be recharged by most battery chargers. For the technically minded the battery is a 5.5 ampere hour rating and when fully charged should run the 30-watt search light for about two hours — ample for most people's needs. A low recharge rate is best and the maximum rate should not be more than 4 amps.

The idea was invented by Geoffrey Douglas who was a commercial beekeeper at the time. He needed, but could not obtain, a powerful light with a long range beam to locate sites for his beehives. The land marks and tracks leading to isolated locations, especially when working in forested areas, weren't easy to locate at night.

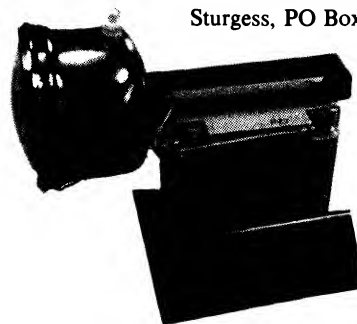
The original device was a flimsy contraption made from old pieces of scrap metal. Friends saw it and requested he make them a similarly powerful torch, 'but please improve its looks' they demanded. So the design has been progressively revamped to the modern, stylish unit now available.

An unexpected bonus is the long life of the battery. With good maintenance it should last several years, providing a real saving compared to the usual cost of replacement batteries.

The wet cell battery is easy to maintain. All it needs is to be kept well charged and to have the electrolyte level maintained. This prevents sulphate deposits from forming between the plates. Fresh rainwater or distilled water should always be used. Water with even small amounts of impurities will speed up the formation of deposits and may even neutralise the acid if used over a very long period. Being fussy about what it's given to drink will be well rewarded by long and faithful service.

We have established a small factory and do the final assembly; the inventor supplies the special components. This arrangement provides extra work during the quieter moments of running a tropical fruit tree nursery. A new enterprise has emerged from need being the mother of invention.

For further information write to Eric and Kate Sturgess, PO Box 746, Proserpine, 4800.



30-watt searchlight with battery — \$95.00

30-watt searchlight without battery — \$75.00



WEEDING FOR FUN AND PROFIT

by Irene Maxwell, Woodend, Victoria.



Weeds have their preferred areas of dominion, just as crops have their own geographic preferences. In some areas, blackberry is the major problem; in others, thistles will dot the landscape; in still other areas, there will be 'salvation jane' (Pattersons curse), dock, or capeweed. Whatever the dominant weed is in your area, there is no need to 'live with it' because you do not wish to use chemical warfare against it!

The small landholder has a particular and abiding responsibility, as custodian of the land, to improve and enhance that land. Whether it be 40 acres or 140 acres, there is no justification or reward in allowing one's land to gradually disappear under a blanket of weeds.

Weeding by hand sounds like one of those ideas which is quite impractical — if you have ever cursed and sweated over weeding out a trifling suburban back yard at parental behest, you may think that your acreage is simply too much to tackle by hand. However, it is not only entirely possible, but it holds unexpected rewards beyond the merely prosaic.

The blackberry menace requires a brushcutter and some persistence. In my own experience, I brushcut a tangle of blackberry over a creekbed almost a fortnight before the local council sprayed clumps on the roadside nearby. In the intervening period before moving on from that property, I saw rosellas feeding on the sprayed berries, and subsequently found two dead rosellas; and I saw that the sprayed clumps regrew in half the time of the cut clump. Simple and regular follow-up cutting would have effectively and cheaply controlled blackberry in that situation. With huge clumps, goats can be 'trail blazers' eating the blackberry back to the point where you can brushcut the remains.

Gorse can be approached similarly — grubbing out the smaller plants, and brushcutting larger ones. The rule is to be consistent — to follow up each spring, before flowers have set seeds, or berries or whatever.

Thistles can be controlled with persistence and application, and in controlling these thorny pests you can learn more about your land than any course could teach you.

There are several varieties of thistle, all different in some degree to each other. However, the commonly named scotch thistle is possibly the best known of these, and its growing cycle follows a set, and easily interrupted, schedule.

Before the thistle grows upward to form the familiar purple flower head, it remains, from late winter through to mid spring, a blue-grey 'starfish', flat on the ground, and anything from a tiny two cent piece size to a dinner plate.

The larger the recumbent thistles, the easier they are to remove. Any weeding tool that will cleanly decapitate the head from the root will be successful. So long as the full growing surface is removed, leaving the white core of the root exposed, the thistle will not regrow. The thistle has a long taproot, and any piece of green leaf left attached will enable the plant to regrow, albeit in a dwarfed form.

You must remember too that with thistle and other small annual weeds, there is no requirement to remove the problem all at once, as you may prefer to tackle blackberry, for instance.

Begin your endeavours from the end of summer onwards. Simply stroll across your land, armed with your weeder, keeping a keen eye out for the distinctive grey-blue (if thistles) amongst the grasses. An hour or two, every other day, strolling across the land, will enable you to cut down the thistle population remarkably before the mid-spring bloom, and you will, in the meantime, glean valuable information about soil variations, drainage problems, irregularities in pasture growth, and give you the time and knowledge to plan future developments on the farm.

However ludicrous it may seem at first suggestion, weeding by hand is entirely possible, very cheap, has hidden rewards, and with persistence, should prove to be an easy, enjoyable and ultimately profitable pastime. It does not require a strict schedule — but be warned, once you overcome the feeling that you're battling impossible odds, you will find the onerous chore has become addictive.

Heavily infested areas (dam walls seem to be favourite spots for rank regrowth) can be tackled, once the weed has reached near-maturity, by brushcutting the lot. This will not kill the weeds, and cannot be used for weeds which remain flat on the ground. But for dense thistle infestations, you will find that the regrowth is stunted enough to tackle either by hand weeding once again or running the brushcutter over the remnant plants as they set seed. This second cut of the weeds will, if timed right (toward the end of summer), effectively destroy their capacity to reproduce themselves. You must tackle them before they set seed, however. That is, while the plant is still green. Thistles, for instance, set seed during the late summer/autumn period, when the mature plants look pretty dead.

There is much to be learned from close contact with your land, and there are many ways in which a hand weeding programme can reward you. Don't be daunted by the prospect. After all, I'm hand weeding 180 acres — and loving it!

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Using Tapestry Leftovers

by Christine Taylor, Black Forest, SA.

If you are like me and enjoy doing tapestries, you will be faced with the same problem I have. What to do with the odd assortment of colours and amounts of wool left when you finish your project?

It does not seem to matter whether you buy a tapestry with wool or buy the wool just as you need it. There is always some of each colour left. I am a canvas tapestry worker but I suspect the weaving tapestry people have the same problem.

These photos and diagrams show some of the things I have made that have reduced my scrap box a little. I hope they will inspire other tapestry enthusiasts to try these ideas or to come up with their own.

The long strip that I have made into a 'How-tall-am I' for my grandchildren was bought with the zoo animals on it. I only bought a couple of extra hanks of pale blue for the sky, otherwise I used scraps. Because there are so many 'things' on the canvas I could use lots of colours and still have the finished article look right (photo 1).

After I had finished the seascape (photo 2) I used the lovely blues, greens and browns that were left to do the geometric cushion (photo 3).

photo 1



photo 2

photo 3



figure 1

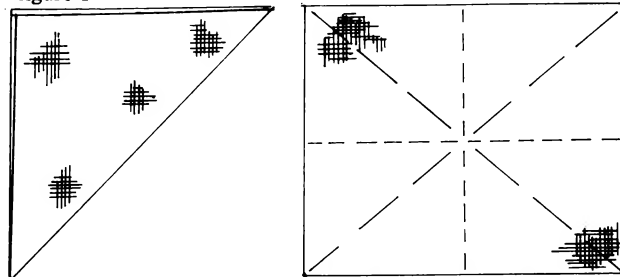


photo 4



To start this I folded and drew the diagonals and upright crosses onto the canvas (figure 1). These lines guided me as I stitched. The first stitches all went into the centre hole, with long ones on the square directions and short ones on the diagonals. Then I made a number of rows of even stitches around the centre.

If you try this on a small piece of canvas you will find that the shape develops as you go. The corners can be formed either at the diagonal lines or at the square ones by first reducing and then enlarging the stitches. It's fun to see patterns appear almost on their own.

By working squares or triangles at odd but symmetrical places and then working around them I gradually filled in the whole area. In this way each project of this sort would be completely original yet useful as the collection of scraps disappears.

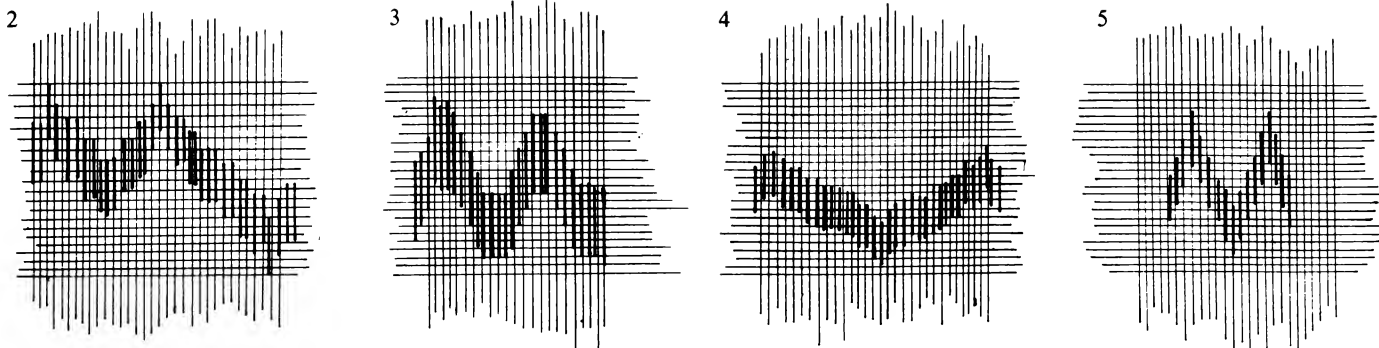
The two huckaback cushions demonstrate other ways scraps can brighten up a dull spot. I am no embroiderer, as you can see, but the picture was freehand and fun. The piece with the diamond shapes shows how the even weave of huckaback can be used to guide a pattern. Basically the diamonds are Florentine (some books call it Bargello) designs.

The set of diagrams (2-5) and the photo (4) show some other Florentine designs I have tried. Do not be put off by the finished picture which looks very complex. These designs are all done by following a basic line.

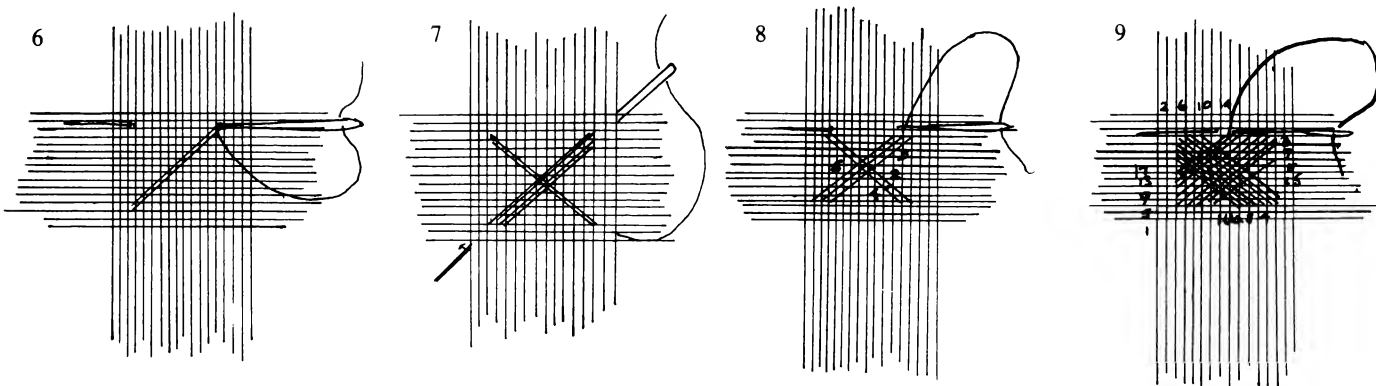
Start a little distance up from the bottom of the piece and stitch one of the outlines I have shown. Take another colour and follow that line exactly, just above or just below, repeat this with a couple of other colours and you will see the pattern appear. You can come back later and fill in the spaces below the first row to give a straight edge.

Using several shades of the same colour gives Florentine its distinctive effect, but, as the samples show, different colours give different effects. Doing a Florentine or Bargello

figures 2-5

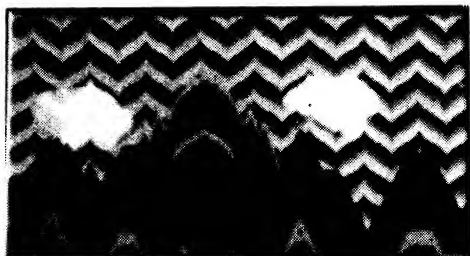


figures 6-9



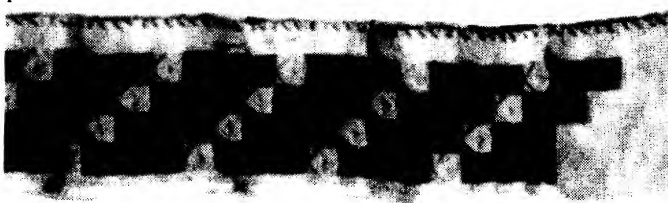
design on canvas uses a great deal of wool because the whole canvas must be filled, as the picture done by my eldest daughter for an art project, shows (photo 5), but doing it on an even weave fabric allows you to use up scraps.

photo 5



On a sample of coarse canvas I have shown an entirely different sort of stitching that could be used for a big project or to use up scraps. In photo 6 I have covered a strip with even squares of repeating colour, but in the last photo I have shown that squares of several sizes can be worked as long as the whole area is eventually covered.

photo 6



The figures (6-9) give the details of this interesting square. Mark out your square to start. Push the needle up through one corner and down through the opposite one. Take the needle along the side to the next corner, up through that one and down through its opposite.

Now, push the needle up through the hole to one side of the first hole used. Without crossing the strands push the needle down through the hole to the hole used and on the same side as the fifth one. And so on, as the diagrams show.

The last stitches are made in the middle of the sides of the square. All the stitches that do not show are along the edges of the squares and the front surface appears to have a hollow in the centre of each square, and a raised diamond effect. A most interesting textural effect. The next square should start in the corner of one that is complete, but it can be of any size.

There must be many other ways to use tapestry wool but this just shows what I have done. I hope you will have as much enjoyment with experimenting as I have had.



Handy Hint

An inexpensive seedling tube can be constructed using newspaper and a broom. take several sheets of newspaper and cut into 3-cm strips. Wrap a strip around the broom handle, then slip it half off and fold up and tie around with twine. Remove completely from the broom, fill with soil and plant your seed. After germination the seedling may be sown in the garden, tube and all for the paper will eventually rot away.

SHEEP BEHAVIOUR

Part II

by Lindsay Matthews & Ron Kilgour, Ruakura Agricultural Research Centre, NZ.

Knowledge of sheep behaviour will greatly assist those working with them, as well as helping minimise distress levels for the animals themselves. Last issue looked at rhythms of daily movement and ways in which sheep protect themselves from danger. It also covered the politics of flock behaviour, stresses associated with shearing and patterns of eating and drinking.



Mating

In temperate conditions, sheep are seasonal breeders. The start of breeding is usually related to declining daylight length in the autumn. The arrival of the males with a waxy substance in their fleeces has a 'turn on' influence on the ewes. This is called the 'ram-effect'. In response to the latter, ewes may start to cycle earlier and come into oestrus in synchrony. The effect of this is to concentrate lambing into a shorter period.

The rams move through the flock, sniffing ewes. If the ewe is not ready for mating, she urinates. And while he gives what is known as the 'lip-curl', she moves away and is not followed. If she is nearing oestrus, the ram may move after her and keep near until she finally stands for mating. This sniff-hunt makes considerable physical demands on the rams, and they should be healthy and fit at the start of the breeding season, without footrot or other debilities.

One ram can easily cover 50 ewes or more. However, when several rams work as a group, the subordinate ones do much of the sniff-hunting of ewes early in oestrus. The dominant ram serves most of the ewes during peak oestrus.

The lesser rams will mate with the ewes again as they go out of oestrus. The ewes should be mated by at least one of the rams — in most cases, by several. There seems little point in having more than four rams available because ewes in heat for six to eighteen hours are seldom mated by more than four rams.

If sheep are being mated indoors and the pens are not screened, nearby rams can inhibit performance of others. This is called an 'audience' effect. In pens with wooden railings, rams may fight between pens and are capable of breaking 1 x 8 inch timber rails.

Scours resulting from changes in the diet can also put rams off mating. However, outdoors with predators under control, few problems can arise with healthy rams.

At lambing time, great care is needed. Ron Kilgour and Lindsay Matthews have made detailed studies of ewes lambing in the field and have individually recorded over 2000 births. A peg is placed near to the lambing ewe with her ear tag number on it. Then they monitor the various interactions of ewe and lambs, and how long she stays on the lambing site before moving off with her lambs.

Several things soon become clear. Labour may be prolonged if the ewe is disturbed. Flock densities should not be too high or ewes approaching lambing may steal other newborn lambs which they find nearby, some few hours before the mother is ready to bond onto her lamb. If another lamb is found by chance during this critical time, the ewe may attempt to steal it. If stealing is successful, the ewe may then reject her own lamb when it is born. Ewes which lamb together on the same lambing sites may exchange lambs, or a ewe with a single might steal one of a set of twins from the other. The farmer then records the wrong ewe as having a twin.

On steep hills in a wet spring, newborn lambs may slip down the hill away from the lambing site and be lost. If the ewe is already licking her lamb and it slips while attempting to stand, the ewe may follow it down the hill. But sometimes, lambs slip through fences or into streams. Within 3-4 hours of birth however, Romney lambs will follow their mothers up quite steep hills — as steep as 45 degrees.

Birth is a hazardous time. Although careful shepherding may save a small percentage of lambs, the disturbance caused by the farmer may upset a similar small percentage of lambing ewes, and their lambs may be poorly bonded as a result.

On welfare grounds, some people have been critical of the 'easy care' concept in which ewes are left to lamb by themselves. However, the opinion of the Ruakura animal behaviourists is that shepherding, unless done with a proper understanding of the behaviour that occurs around the time of birth, could be as detrimental as not shepherding at all.

Twins

One interesting finding from their studies has been the time differences that various sheep breeds stay on the lambing site with single or twin lambs. Australian Merinos with twins move within three hours of birth and over 50 percent leave one of the twins behind. New Zealand Romneys stayed six hours, on average, on the lambing site and never left a twin lamb behind. Sheep that had previously lambed at nine months of age, moved off the lambing site six hours after birth in their second lambing.

Adequate time and undisturbed conditions are needed to allow for the ewe to bond onto her offspring — especially if she has twins or triplets, this takes more time than for singles.

Proper welfare considerations at lambing, will be to provide a quiet, undisturbed spot for lambing without fear of predators or human interference. Such conditions are needed for up to eight hours after the end of stage two of labour, so ewe and lambs can 'imprint' and form a strong family bond. This bond is essential for further survival, good growth and proper lamb care.

Sheep are 'followers'. The lamb follows the ewe from the lambing site within a few hours of birth. The membranes and placenta are left behind. The predator should be satisfied with them! The early 'heal and follow' response so characteristic of lambs fits the patterns for sheep flocking, and the males trailing after the ewes at mating time. It is an essential part of what sheep are. As a trait, it can be exploited in many ways in later handling.

Leaders

The training of leader sheep is relatively simple, and these animals can lead sheep onto vehicles, through handling chutes, and assist in many on-farm handling situations. This is a legitimate training process for sheep, and in the interests of their welfare. Under no circumstances should such sheep be called 'Judas' animals.

The follow-on trait of sheep is also involved in the establishment of sheep tracks, the regular movement patterns which help them escape predators, the changes in yearly grazing patterns and many other aspects of the life of a sheep. It has enabled sheep to survive as a species.

There are other broad patterns of behaviour which characterise sheep, some of them inadequately studied. But the essential ones, which need to be attended to if farmers are going to be humane to sheep, have been covered here.

Reprinted from *The Small Farmer*, No. 29, Summer 1984, PO Box 2081, Palmerston North, NZ.

REMEMBER WHEN SHEEP WERE SHEEP

Successful laboratory work on gene transfer has increased the prospects for breeding super races of sheep and cattle. If it becomes commercial, pre-programmed breeding of very large, very lean carcasses will be possible from animals which, having once accepted the gene transfer, would be capable of reproducing themselves.

According to Professor David Armstrong, head of the Department of Agricultural Bio-Chemistry, Newcastle University, new technology could soon help livestock farmers to overcome consumer resistance to saturated fats. By feeding protected acids and injecting growth hormones, which could also be used in the dairy industry, the breeding of leaner animals would be possible.

'We have the technology to feed protected acids to beef cattle so that fat saturation in the carcass is reduced and replaced by unsaturated fats which are healthier for humans,' said Professor Armstrong. Although not yet a practical consideration, it was 'just around the corner,' he added.

(Professor David Armstrong, Department of Agricultural Bio-Chemistry, Newcastle University, Newcastle upon Tyne, Tyne and Wear, England, NE1 7RU).

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REARING ORPHAN LAMBS

by Doug Hughes and Ron Newlands, Adelaide SA.

'We were given a little lamb and fed it regularly but it died at about ten days old. What did we do wrong?' This has been one of the questions most regularly asked by GR readers, coming from families who have conscientiously cared for an orphan lamb and felt guilt and puzzlement at its sudden demise. The following article will explain the difficulties involved, and provide a guide for successful rearing of orphan lambs.

Hand rearing an orphan lamb is demanding and if the animal is from an ordinary flock ewe the financial return hardly warrants the time and care spent. But it is very satisfying to hand rear a lamb and especially so if children can be involved in the lamb's care.

The first two days are critical to a lamb's survival. If it was born on a cold and wet night and lost its mother before she had cleaned and fed it, the lamb will be hungry and cold. It will also not have received any of the disease-protecting antibodies present in the ewe's first milk (colostrum). The lamb's immediate need, therefore, is for food and warmth. This usually means accommodation in front of a heater. Satisfactory draught-free, warm housing can be arranged later.

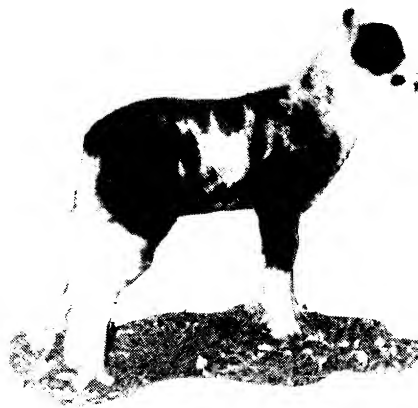
Some lambs may have used all their reserves in surviving until found, so their blood sugar levels may be very low and they may not be fully conscious. In this case lambs will respond to glucose (not common sugar) solutions given by mouth. In some cases specially prepared injections of glucose solution have been used. However, most lambs are resilient and respond well to warmth and drying.

Ideally the lamb should receive colostrum. It is possible to collect this from suitable ewes and keep it in a deep freezer for emergencies. However, if it is not available substitutes must be used because the lamb needs immediate nourishment. A satisfactory substitute for colostrum can be made up by adding one raw egg to one of the three formulations described later in the article.

Colostrum is of no value to a lamb older than 24 hours. By this time the lamb can no longer absorb antibody protein through the intestine, so it is wasted as a means of protecting the lamb from disease. Vitamin A plus D supplements can be of help to animals that have been deprived of colostrum at birth. (Add multivitamin drops at the same rates as for a baby.)

Traditionally, orphan animals have been given an artificial colostrum of milk, egg and common sugar. It has the advantage of containing ample quantities of vitamin A and some vitamin D from the egg. Moreover, the egg has beneficial bactericidal properties. The disadvantage is that the mixture is over-rich in protein and carbohydrate, compared with ewes' milk, and deficient in fat. The formulations recommended here resemble the composition of ewes' milk, but give a vitamin A plus D or a multivitamin supplement during the first two weeks.

On the first day feed the lamb with one of the recommended formulations, plus one raw egg added to the day's total feed (see table 1) or, alternatively, add 1200 IU of vitamin A for each kilogram liveweight. Many vitamin preparations are very potent so take care not to overdose. After the first day not more than 100 IU of vitamin A for each kilogram liveweight a day is required. A convenient way of giving a



supplement is to use human pediatric vitamin drops. These contain a balanced supply of vitamins A, D and some others. The correct dosage, based on the vitamin A content (as listed on the label) is easy to measure. Weak lambs could be given one level teaspoon of glucose in each feed on the first day. Do not use common sugar as it cannot be digested by the lamb and will cause diarrhoea (scouring).

Feeding PREPARATION

- Feeds must be prepared fresh each day.
- Prepared feeds must be stored in a refrigerator.
- Remove from the refrigerator only enough prepared feed for immediate use.
- For newly born or weak lambs warm the prepared feed to about 40 degrees C immediately before feeding.
- Do not return any unused prepared feed to the refrigerator. Discard it.
- Thoroughly clean all feeding utensils, especially the storage container in the refrigerator. Use a commercial sterilising solution recommended for feeding utensils for human babies.

FORMULATION

The following feed formulas are recommended — all have equal nutritive value.

Full cream dried milk, or commercial baby formula
Dissolve 230 g of powder in 1 litre of clean fresh water.

Whole fresh cows milk

Thoroughly shake the bottle of milk to disperse the cream. Dissolve 100 g of full-cream dried milk, or human milk substitute, in each litre of milk.

Commercial animal milk substitutes

Dissolve 310 g of powder in 1 litre of clean fresh water. Begin vitamin A plus D supplementation during the first 14 days.

QUANTITIES

Feed according to the liveweight rather than the age of the lamb. Young animals can easily be weighed by holding them while standing on bathroom scales then subtracting your weight from the reading.

UTENSILS

A large soft drink bottle and a long teat with an enlarged hole are suitable for feeding lambs. If a number of lambs are to be fed, it is worth buying a bucket equipped with several teats. Different brands are available through stock agents.

Cleanliness with utensils is vital, especially in the early stages. Wash and boil bottles and teats to prevent gastric upsets and diarrhoea (scouring).

FREQUENCY

Lambs at foot follow their mothers as they forage, and feed many times throughout the day. The frequency of hand feeding, however, is restricted by the amount of time available. Generally, feed lambs at regular times (to reduce stress) and as frequently as it is convenient and practical. After a week of bottle feeding, a lamb can be taught to drink out of a basin by carefully holding its mouth in the milk. Place a finger in the side of the lamb's mouth and tickle the palate while there is milk in the mouth.

Newly born, weak lambs should be fed not less than four times a day for the first two or three days. As the lamb grows the frequency of feeding can be reduced to twice daily over about three weeks.

By the time the lamb has reached a weight of six kilograms, good-quality hay or greenfeed should always be available, followed by small quantities of high-quality concentrate feed, such as calf starter pellets, dairy meal, poultry layer pellets, or oats (or oatmeal). Lambs usually start grazing on green pasture by three or four weeks of age. Once the lamb eats solid feed its rumen will develop very quickly and the necessity to feed it a liquid milk-based diet decreases rapidly.

Do not overfeed. This causes more trouble than modest underfeeding. Decide on the most convenient time and frequency of feeding and divide the recommended daily amount of liquid feed by the number of feeds, and feed the animal accordingly.

As soon as the lambs are readily eating solid feed they can be weaned by reducing the amount and frequency of the liquid milk diet and increasing the amounts of conventional high-quality ruminant feedstuffs or greenfeed. Clean fresh water should always be available.

Supplementation of conventional feedstuffs with high-quality protein sources, such as peas or lupins, will help to maintain a vigorous growth rate in the weaned animal.

Shelter

Lambs thrive best if given warm, dry and draught-free shelter for their first two weeks. They should then gradually be given access to outdoor conditions, but shelter from rain is advisable throughout the raising process.

Scouring

Despite the best efforts, some lambs will suffer from scours. Commonly, these are dietary rather than infectious. Dietary scours can result from overfeeding, from animals drinking too quickly or from sudden changes in composition or temperature of the feed. If scouring is severe the animal will become dehydrated through excessive water loss in the faeces. There is also an excessive loss of electrolytes in scouring animals. The combined effect can make animals very ill and may be fatal. A number of proprietary veterinary medicines are available to soothe the intestine and reduce scouring. Standard products for humans, such as Kaomagma* and ADM*, may also be used. A temporary reduction in feeding is frequently of value but never reduce the amount of water given because this will worsen the dehydration. Severe cases need electrolyte replacers (such as TrolYTE* or Hydrocell*) added to their drinking water.

Bacterial scours are most likely to occur when there has been a breakdown of hygiene, or when many animals are housed together. The onset is usually more sudden and the effects more severe than dietary scours. Proprietary treatments are available, but seek professional advice in serious cases and in all cases where a response is not seen after three days.

Doug Hughes is a Senior Research Officer and Ron Newlands is a Senior Veterinary Officer (sheep). Reprinted from Fact sheet 6/77 (revised Nov 85), Dept of Agriculture, South Australia.

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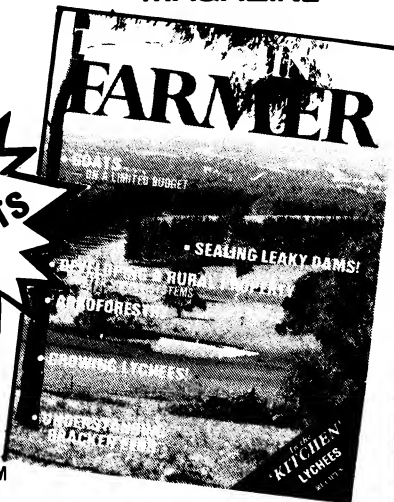
Table 1

Suggested feeding rates for orphan lambs

Age (days)	Liveweight (kg)	Amount per feed	Number of feeds a day
First 2	Small lambs (2-3)	100 ml	4
	Large lambs (4-5)	130 ml	4
3-7	Small lambs (3-4)	160 ml	3
	Large lambs (5-7)	200 ml	3
8-21	6-10	300 ml	3
21-42	8-15	600-800 ml (depending on size of lamb and its appetite)	2

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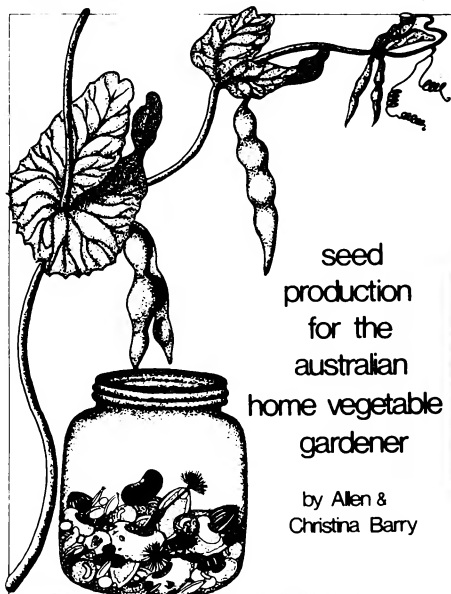
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RESEARCH ON GARDEN PESTS

Nematode Control

These precautions should help keep down not only the nematode population, but other pests as well. However specific pests may need specific treatment.

Some interesting experiments have been reported from Holland, and from Lawrence Hills in England, on the successful use of certain marigolds in the control of nematodes. Here are some of the more significant findings:

French and African marigolds were successfully used in Holland with up to 90 per cent kill of nematodes in control plots, nearly as successful as any nematicide.

It is known that plants have attractive or repellant odours and that a complex 'communication' system exists between plants and animals. It is thought that the pungent root secretions of certain marigolds mask odours of plants attractive to nematodes, and put them 'off track'. They can also kill nematodes up to 3 feet away, rapidly reducing the population.

Lawrence Hills discovered the most pungent and effective secretions, and 'kill' were obtained from *Tagetes Minuta*, a Central South American species of marigold (which in fact grows for 4-10 feet), and that this could be effectively used at a commercial crop scale.

Tagetes minuta was also found to kill some perennial weeds such as elder weed, convolvulus and couch grass (twich) within a 1-2 feet radius of the plant. It could be used in spray forms as well.

Marigolds appear to suppress the activity of other root attacking pests such as click beetle larvae, wireworm and centipedes, as well as some fungi affecting tomatoes, strawberries and potatoes.

NOTE: The use of a regular, weak liquid seaweed spray has been found to reduce nematode counts.

Fungus to Control Aphids

Researchers at Rothamsted Experimental Station are attempting to develop a fungus that will attack aphids, thus reducing the need for insecticides. The fungus is present naturally in the environment and is spread by means of spores.

When a spore comes in contact with an aphid, it puts out a tube which penetrates the skin of the insect and spreads throughout the body. Soon after the aphid has been digested from the inside, the outer skin bursts and expels a large number of fungal spores which start the cycle all over again.

The objective of the Rothamsted scientists is to introduce the fungal spores into the crop to be protected before the aphids arrive. It is hoped that a suitable spore culturing system will soon be perfected. The spores are likely to be sprayed onto the crop, probably by an electrostatic system, so that the underside of the leaves will be treated.

Further development could result in the inclusion of natural alarm pheromones with the fungal spores. These have the effect of exciting the aphids, so they would be more likely to move around and bump into a fungal spore.

Rothamsted Experimental Station, Harpenden, Hertfordshire, England, AL5 2JQ.

BUILD A SMALL TIP TRAILER

by Dennis Hill, Hollisdale, NSW.

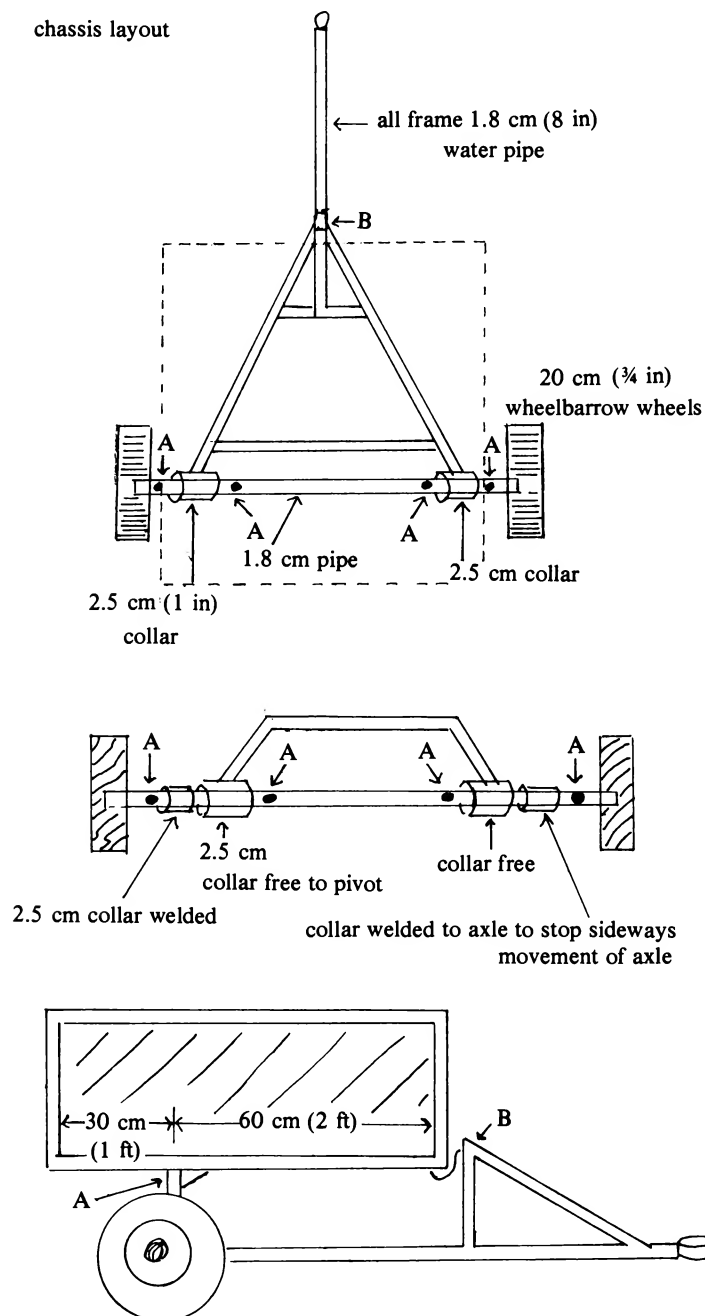
This is a small tip trailer for use behind a ride-on mower or other. You need an axle and wheels (wheelbarrow type with rubber tyres are best) and some 1.86 mm ($\frac{3}{4}$ in) and 2.5 cm (1 in) water pipe. The dimensions are approximately 1 m x 1 m x 45 cm (3 ft x 3 ft x 18 in) and this holds a lot of compost or grass clippings.

Solid steel axle shafts, to suit wheel bearings are welded into the thinner length of water pipe. Sometimes 1.8 cm ($\frac{3}{4}$ in)

A. uprights to support rear of platform

B. upright for front support

chassis layout



inside diameter electrical conduit can be used. It has the same inside diameter but smaller outside diameter than water pipe and will just fit some wheel bearings. But check first to see what you need.

For the tip arrangement, uprights A are welded to the axle and the box of the trailer, so that the axle is part of the trailer. But the drawbar is fitted to the axle as well by means of two collars so that the trailer is towed by the axle (where there is a lot of strain if you drop a wheel in a pothole) and not the box frame. When you tip the trailer, the drawbar pivots on the axle. This has some advantages. When unloading, tip trailer so that the body is on the ground, then reverse slowly and the body turns upside down which saves shovelling out compost, hay, straw and so on that won't slide out.

Section B is an upright with a hook or similar to hold the front of the trailer body level. Gravity holds it there (unless your load is right at the back).

We used hinge-joint wire for the sides of the box frame, and fence palings for the floor. For carrying compost and fine materials, line sides with bags.

This may give you a few ideas to work on and develop further. Having suffered a back injury, this trailer and our ride-on have saved a lot of work, and are certainly better than a wheelbarrow most of the time. The tractor is an 8 HP Greenfield modified with a 3-speed Rover gearbox, but that is another story . . .

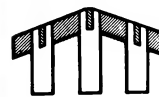


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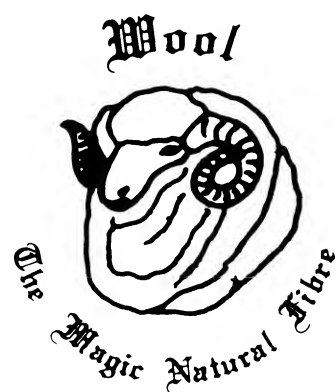
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Natural Goat Care

by Pat Coleby, Garfield, Victoria.

In the last issue I laid it on the line that no-one can ignore CAE (Caprine Arthritis Encephalitis). I am beginning to dread the telephone calls and some letters I have been receiving from goat people. So often lately it has been on the lines of one from South Australia a week or two back. The doe had recurrent mastitis, the owner had tried everything and found the only answer was to permanently supplement its diet with dolomite and vitamin C. If she takes the goat off it, within a week or two back comes the mastitis. I asked 'Does it have swollen knees/CAE?' The answer was 'Yes'. Because the immune system is nonexistent, once the virus takes hold one cannot use the usual yardsticks of treatment or cure. In another letter from New South Wales, the goat withholds or has difficulty in letting down her milk. Had I not experienced this myself with a goat bought from a friend I would not have suspected CAE. Mine is a very well-bred (milkwise) Saanen who has never reached her milking potential. She had the symptoms mentioned by the letter writer, and finally when having a batch of goats tested I decided to have her done — she was diagnosed as having CAE. The condition appears to be a mild form of the 'hard udder' experienced with CAE infected goats. Another goat developed a series of CLA abscesses which wouldn't clear up. Usually the first one, when well cleaned and treated with a course of vitamin C injections will heal — but not this time. She was tested and had CAE. So if you have a goat that does not respond to normal treatment for any complaint, don't blame the vet, have her tested, and if the condition is causing her trauma, do the right thing and have her put down.

A correspondent suggests a way to cool milk, by putting ice 'freeza paks' in the milk bucket. If you are out to produce top class (countwise) long lasting milk I'm afraid it is *not* the answer. At no time must milk be in contact with plastic of any sort if it is to be produced cleanly. The steel bucket can be dunked into a container with ice cold water in it, if the milk cannot immediately be put into a fridge or freezer. Don't use plastic, it may look clean, but the acids in milk make it mildly permeable very quickly, and any chemicals used to clean it would hang around too.

The same correspondent asks how to cause goats to kid out of phase. I do not like using hormones and do not find it necessary to persuade goats to kid at the wrong time of the year. I have on occasion taken on goats that have been 'sponged' with hormones to persuade them to ovulate together and usually out of season and have found that they never produce the amount of milk that a normally kidded doe would do. As I am sure I've mentioned before, my herd is roughly divided into two, and at any given time (like the present, December) half the herd have kidded this year (two more at the end of the month) and half kidded in 1985. They are running through giving between 2-3 litres a day and will be mated in March to kid in August/September 1987. Those milking now that were kidded this season will provide milk through the winter and be mated in March 88. I do not keep does who will not milk through the winter. Given correct

mineral balance and feeding a doe should milk through the winter months quite happily. There is always a market for does that have a kid every year — some people prefer it — but in my case, and that of anyone else selling milk, the production of winter milk is mandatory. Another advantage of the two-yearly gaps between kiddings is that the kids seem to be much stronger, and it takes less out of the does, which is perhaps why I've always had my quota of productive old ladies in the goat barn!

A letter in GR 57 from the Davidson family says that they are aiming at an organic vegie garden and a bewildering array of goats, bees, chooks and so on. Goats are great in providing manure for the organic garden, especially if bedded on shavings. But because the Davidson family sound new to the country I would recommend that they stick to one species of animal, or at the most two until they find the amount of work involved. It sounds fine on paper, but the unpredictable behaviour of all stock, and bees (I've kept them too), when one is trying to run a house, garden and family is mind boggling at times. The Davidsons might find themselves loathing the country instead of loving it!

Sue Campbell of Sandgate asks how to make a harness for a goat. Study a breast plate harness on a horse (not the collar sort) and make simple copy of it from good soft leather, not less than two centimetres wide, to fit the goat. Copper leather rivets are easy to use and do a good job, the only buckles needed will be on the girth and the side and chinstrap of the bridle. I believe from what I've read and seen in photos that a normal miniature version of a jointed or bar snaffle bit was used in the goats' mouths in the old days. Reins can either be leather or light rope, like the old plough-lines used on horses.

At last, here's the subject I've been intending to write about for a couple of issues — tree species for goats. My suggestion would be to diversify as much as possible. It is always better to have trees mixed in a plantation or fence line — monoculture is not sound agricultural practice. There has been a great deal written about tree lucerne (Tagasaste). In my experience, and that of many people I know who rushed out and planted large quantities of these trees, it is excellent in certain situations and disastrous in others. Out on the dry country I found it relatively easy to grow provided that, once it reached a height of two metres it was kept severely pruned, otherwise it 'grew itself out' and died. But in wet districts like parts of Gippsland, on low lying ground it is not easy to grow at all, it doesn't like wet feet, and needs well drained soil. The same applies about keeping it cut back hard, the prunings make the intended goat fodder anyway. I have four varieties of willow planted — weeping, corkscrew, New Zealand (grows straight up) and the normal sort. They all make excellent goat fodder, the weeping one especially because it is so fast growing. Of course they are not much good in the winter, when they mostly lose their leaves (although the time without them seems to be shorter than other trees). Alder (Alnus) is another tree goats love; I have a rapidly enlarging one planted at the end of the goat shed to hopefully keep the



sun off the outside of the dairy and coolroom. It is the subject of many longing gazes through the shed gate, and is invariably attacked first if there's a break out! Pine trees are great for goats, in fact I believe there is a move at present to use pines (radiata in particular) for agroforestry for fodder. Again, I would say, don't plant all one species. All nut trees are good for goats (and humans), oaks, ash and of course apples, pears and other fruits. Contrary to what the books say, I always summer prune my fruit trees. Firstly the prunings are not wasted but usually consumed to the last twig, and I early discovered that with the dryness of summer, lots of new green growth gave the plant so much to do that it couldn't produce much fruit. It sounds unorthodox, but it's always worked extremely well for me. Another kind of tree that goats relish is the common cypress that is grown for windbreaks. It is better to trim back the branches than to let the goats in to eat them, or they strip out the bottom branches and the windbreaking function of the tree is lost. People have told me they are not good for stock, but I've always found they were perfectly safe. At Harcourt we had to cut down 15 eighty-year-old cypress because they were in danger of falling on the house. The huge monsters were towed out into the adjoining paddocks where I spent the next six months armed with the chain saw cutting them into poles, firewood and whatever. The goats helped too, eating off every bit of green stuff — all I had to burn was the skeletons of the branches. They virtually lived, and very well too, off those trees. No deficiencies at all; the trouble started when they were finished!

I make it a rule never to plant anything that is poisonous, however much I like it. I inherited some lovely rhododendrons in the garden here, and of course they stay, but I make very sure that the goats cannot get anywhere near them. The trees near the fences, which they keep tidily pruned back are all safely edible!

Of course most acacia/wattle-type trees are good for goats, but don't make a habit of feeding them large amounts of eucalypts, the fresh shoots can be poisonous, sugar gum in particular. Goats do have exceptional tolerance for so-called poisonous plants, but I would not for that reason recommend taking chances. For years my goats at Toolern Vale relished the boobyalla trimmings, until an experienced goat-keeper called one day and exclaimed in horror. After that I was never game to feed them to the goats! And I *did* see a house goat (dry apparently) tethered to and eating oleander on a Werribee nature strip one day. It looked extraordinarily well (the oleander it had already eaten did not) so you can never tell, but DO NOT try it!

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No. 22 Community gardens, renovating a wooden house, tip ridding, natural health success story, donkey pack saddle, yeastless bread, organising a community market, marquetry, index 13-21.

No. 25 Alternative schooling, make a kaftan, spaghetti, select a water pump, birth of a donkey, herb repellents, travel Australia, megavitamin therapy, root basket, eucalyptus oil, sheepskin jacket, recipes.

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No. 41 Snakebite, rejuvenating an old cottage, seaweed, make a bush shirt, solar electricity, poultry, weld without a welder, build a gipsy van, grow and spin flax, setting up a water supply, micro-irrigation, alcohol fuel.

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No. 47 Marketing, horse power, making buckskin, living afloat, herbal medicine, stenciling, gardening, manure spreaders, building an extension, poultry, a bush shower, suburban back-yard farm, beekeeping, trouble-shooting in the garden.

No. 50 Networking, bee pests, cheap hot water, growing coffee, designing a jumper, cold climate gardening, moccasins, growing liquorice, coffee, geese, AATRA, crossword, growing Australian plants, biogas, rainwater separator, home-made beer and cider.

No. 53 Bushfires and mudbrick houses, enamelled badges, tuning your car, guinea pigs, soya, home-made bag, water power, fruit growing, country living, old orchards, rainforest, peafowl, cool safe, preserving eggs, milking cows, weaving on a bike wheel.

No. 56 Holiday camp, yurts, paper making, milking a goat, a garden ecosystem, prickly pear, tagasaste, locker hooking, chocolates, bandages, sundial, natural cancer care, pot-belly stoves, beans, effects of chemical insecticides, raising beef cattle, hydroponics.

No. 59 Fire protection, continuum concept, Pritikin eating, first aid, starting out, renovation, pigs, making butter, tanks, watercress, root cellaring, mirror frames, sheep, looms, solar power, home-acre farming, keeping bees, gates, small tractor, pest control, make a farran.

No. 42 Living on your own — for women, cow bails, drying mushrooms, garlic, quail, children's stories, alcohol fuel, donkey training, drying flowers, green manure, solar electricity, blackberry eradication, pruning, self-sufficient health, care of flammable liquids.

No. 45 Turkeys, waistcoats, touch for health, a bush sauna, sinking a well, northern lifestyles, beetroot, fly traps, storage batteries, a cow halter, herbs, swarm traps, strawberries, build your own gates, improving your soil, caretakers.

No. 48 Dry-stone walling, coconuts, dole survival, biogas, felt hats, natural pest control, fruit trees, layering, beekeeping, herb garden, greeting cards, jojoba, wildcrafting.

No. 51 Stained glass, self-recycling garden, dog kennels, scented pelargoniums, baby socks, heart attack alternative, possums, water supplies for a small farm, geese, native tree planting, fossil fuel, biological bird control, handicapped children, beekeeping.

No. 54 Cotton ball spinning, Ecuador, Althorpe Island, wind-powered bicycle, vegetarianism, pawpaw, octagons, hydroponics, rugs for animals, lice and goats, tofu, electrical tools, flax and linen weavers, tanning hides, eradicating bracken fern, disinfectant, crossword.

No. 57 Inkle band weaving, your immunity, jackfruit, black sapote, what to do if you're sprayed, cows, tools, black currants, raising piglets, lavender, gifts, how to make an incubator, head lice, electric fencing, hydroponics, pollination, an inexpensive water tank.

No. 43 Festivals, rag rugs, tanning, tree felling, bee keeping, stonemasonry, bantams, children's parties, biogas, citrus in sub tropics, butter from goats milk, donkey training, kefir, tin oven and battery-operated blender, foster mothers for calves, wind power.

No. 46 Herbal first aid, removing unwanted fauna, op shopping, building bee boxes, propagating trees, dog fleas, unemployment, dried fruit, handmade gifts, mouse traps, turkey keeping, alternative lighting, tomatoes, jojoba, garden soil.

No. 49 Buying a donkey, buckwheat, aloe vera, locker hooking, vaccination debate, charcoal, life in Kenya, medicinal herbs, biogas, growing Australian plants, make a halter, growing from seed, make a gourd lamp.

No. 52 Solomon Island, natural beauty tips, ginger beer, pigs, gardening with limited water, Christmas gifts, make a shirt, Folk Flower tonics, wire-weed basket, water tanks, passionfruit, moon planting, animal manure, a house for free, survival technology.

No. 55 Sheepskin vest, sawdust kilns, recycling the family garbage, chickweed, companion planting, willow baskets, eradicating household pests, basic beekeeping, horse power, star posts, electric fencing, tree planting, hydroponics, cure for colds, centaury.

No. 58 Horseback journey, gifts, soap, paper stars, healthier life, growing food, knots, water systems, renovating, toilets, face masks, cows, animal care, chess set, pest control, holiday tips, alternative power, summer top, bananas, hydroponics, garlic, buying land, herbs.

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GRASS ROOTS BOOK NEWS

April, 1987

Reading for Independent Living

It doesn't seem possible that it's time for another *Book News* already. A quarter of the year has vanished, summer is over and autumn, that ever-fruitful time of year, is upon us. This is the ideal time for getting stuck into the gardening, reviewing all the things that have been done, should have been done or would have been better left undone! It's a time for planning, for planting, or just for enjoying the fruits of our labours.

We thought that it would be an appropriate time to feature gardening books in the *Book News* section, so that you would have plenty of reading material to inspire your efforts during the rest of the year. So I have compiled what I hope will be an interesting and varied selection of books about gardening, whether your taste runs to flowers or vegetables, native plants or cottage gardens, hard work or minimum effort. There should be something here for everyone who finds gardening a pleasure, as well as useful information to suit those for whom it is a necessary chore.

At least my long time off work wasn't entirely wasted. It gave me the chance to catch up on some long overdue reading, so I hope you get as much enjoyment from these books as I did. You shouldn't have to be ill to put your feet up and settle into a good book. Happy reading!

Bye for now,
Kath.



CREATING YOUR OWN PERIOD GARDEN — Peter Cuffley. Soft cover, 176pp, Aust. RRP \$9.95.

There is increasing interest in recreating old-style gardens to complement houses of a past era, or simply to enjoy the delights of a less hurried and more ordered way of life. Peter Cuffley provides a step-by-step plan, based on a thorough knowledge of Australia's gardening heritage, for restoring an old garden to its former splendour or creating a new one in the traditional style. The book covers research and preparation, trees, paths, garden buildings and furniture as well as comprehensive lists of suitable plants and their requirements. Superbly illustrated, it should be an inspiration and invaluable aid to anyone planning a major reorganisation of their garden.

GARDENS FOR CHILDREN — Tigger Wise. Soft cover, 96 pp, Aust. RRP \$10.95.

Kids love gardens that are full of trees to climb and secret places to hide; gardens are places to do things and have fun. Here is a book written by someone who loves gardens and children and knows how to satisfactorily combine the two. Tigger Wise describes how to make your garden a child's delight by choosing the right trees, or planting flowers in interesting patterns, growing vegetables children love and creating a few gardening tricks. By using these ideas, you can create a garden that is a place of enjoyment, mystery and surprise for all ages.



THE COOK'S GARDEN — Browne, Leach, & Tichborne. Soft cover, 218pp, Aust. RRP \$16.95.

This book is intended 'for cooks who garden and gardeners who cook'. Compiled by three NZ sisters who combine specialised backgrounds in cooking and horticulture with practical experience in growing and preparing vegetables for their families, it is a special combination of gardening and cooking advice. First it clearly describes the basic principles of running a successful vegetable garden, then it tells you how to grow, prepare and cook a wide variety of both common and unusual vegetables. The book is based on the simple philosophy that growing and eating your own vegetables is satisfying and good for you, and the end result should be an 'open-plan' vegetable garden which is a delightful place to relax, cook and eat.

THE ANZ GARDENER'S SURVIVAL MANUAL — Ann Bonar. Soft cover, 192pp, Aust. RRP \$14.95.

Is your garden a jungle or a desert? How do you cope with weeds? Which plants prefer damp, shady conditions? When do you take cuttings? *The Gardener's Survival Manual* is the quick authoritative answer to all your day-to-day questions. It gives advice on all aspects of garden design and maintenance, to enable you to satisfy your own particular gardening needs with the minimum of time and effort. Also included is a comprehensive plant guide, alphabetically arranged for easy reference, giving details on the requirements and specific care of individual plant types. Beautifully illustrated, the book is a pleasure to read and a mine of useful information.

WHAT PEST IS THAT? — Frances Hutchinson. Hard cover, 107 pages, Australia, \$12.95.

Every gardener will really appreciate this large-format book for identifying and controlling garden pests and diseases. The emphasis is on protecting plants, while least upsetting the ecology of the garden. There are concise descriptions and numerous colour photographs of pests and diseases, and also useful insects. Handy lists of the particular problems of various plants, chemical controls, and a guide for organic gardening complete this useful reference.

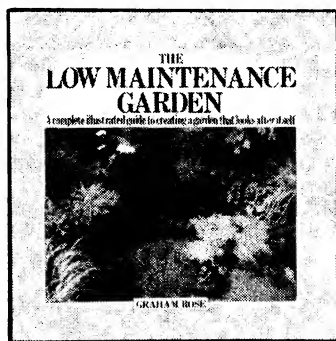


HYDROPONICS FOR EVERYONE — Struan Sutherland. Hardcover, 104pp, Aust. RRP \$17.95.

This book's message is simple and straightforward: hydroponics is for everyone — children, pensioners, or busy mums and dads. Whether you have a garden, a courtyard, a balcony or simply access to a window, you can grow flowers, herbs and vegetables by hydroponics. It explains clearly, with diagrams and photographs, how to set up your own hydroponics unit, from a simple one-container, non-recycling system to a more complex set-up. Plants are grown in cheap 'artificial' soil and fed a mixture of water and minerals. The result is a non-stop supply of household vegetables, herbs and flowers, with no digging or weeding needed! Includes a list of suppliers of seeds, plants and materials, as well as hydroponics courses and societies. Ideal for turning hopeless gardeners into green-fingered horticultural wizards.

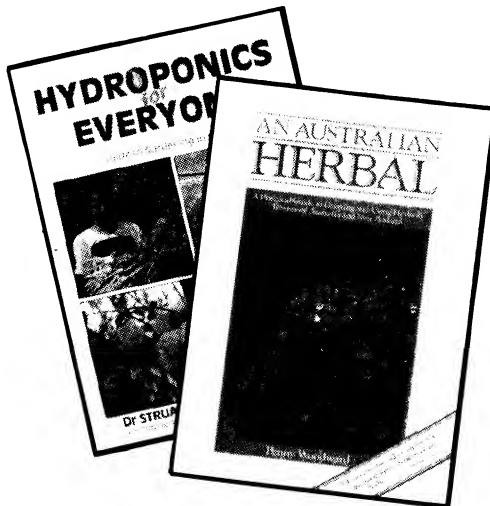
THE LOW MAINTENANCE GARDEN — Graham Rose. Soft cover, 168pp, Aust. RRP \$19.95.

The idea behind this book is to create a garden that looks after itself. Many people are discouraged from trying to create an attractive garden because they believe that it takes too much time. This book should encourage them, as well as help those who simply want to cut down on time spent in the garden. It is a fully illustrated guide to how to have an attractive garden where you can relax rather than work, with sections on design, site preparation, selection of plants and general garden care. It is a valuable source book of ideas and inspiration for those who want a garden for enjoyment, not hard labour.



AUSTRALIAN NATIVES FOR YOUR GARDEN — Penny and John Rose. Soft cover, 80 pp, Aust. RRP \$10.95.

This little book gives a rundown of all those plants you are likely to use in creating your own native garden, and is particularly useful for people not otherwise well versed in gardening techniques. The opening pages provide practical information on plants in general then follow with advice on preparing the soil, selecting the plant, choosing the site and maintaining the garden once it is established. The bulk of the book lists and describes the plants proven to be useful for beginner gardeners.



Other popular gardening books that we have available:

COMPANION PLANTING IN AUSTRALIA — Brenda Little. \$9.95.

HARVESTING THE SUBURBS — Jeff Hodges. \$11.95.

A GUIDE TO ORGANIC GARDENING — Michael Roads. \$4.95.

NOTE: GROW NATIVE — Bill Molyneux, is at present out of print.

And don't forget the Night Owl books (see Grass Roots order form p. 48 for these).

STARTING A NURSERY OR HERB FARM
GROWING NUTS IN AUSTRALIA
GOING TROPICAL

ESTHER DEANS' GARDENING BOOK:
Growing Without Digging — Esther Deans. Hardcover, 50 pp, Aust. RRP \$9.95.

Esther Deans is famous throughout Australia for her extraordinary and productive techniques of gardening without digging. This is an inspiring book which clearly explains her remarkable method of layering newspaper, lucerne, hay, straw and compost to produce a health-giving vegetable garden. There are many colour photographs illustrating this book, and chapters on seed selection by the pendulum method, companion planting and pest control, comfrey and herbs, fertilising and compost.

FUN WITH AUSTRALIAN PLANTS — Gwen Elliot. Soft cover, 182pp, Aust. RRP \$14.95.

How many leaves on a tree? What do spiders eat? How can I grow a cubby house? Gwen Elliot uses her wide experience of Australian plants to answer these and many other questions asked by children. She explains methods of growing native plants, indoors and out, and describes many fascinating hobbies using flowers, seeds or bark. It is an ideal book for adults who wish to share with young children their love of gardening and their appreciation of Australia's unique plant heritage. Older children too will enjoy using the book to make their own discoveries. It will stimulate you to find out more about your environment.

AN AUSTRALIAN HERBAL — Penny Woodward. Hardcover, 184pp, Aust. RRP \$29.95..

A practical guide to growing and using herbs in temperate Australia and New Zealand, this is a book for beginners as well as experienced gardeners. It describes in detail the propagation and cultivation of 176 herbs, with lists of herbs for specific uses. There are chapters dealing with organic gardening, growing herbs in containers, companion planting, harvesting, preserving and storing of herbs, and special sections on introduced wild herbs and useful native plants. Also included are a list of herb societies and a guide to herb nurseries and suppliers. A valuable reference for anyone interested in growing and using herbs.

THE COTTAGE GARDEN REVIVED — Trevor Nottle. Soft cover, 104 pp, Aust. RRP \$10.95.

Can you cast your mind back to a garden of your childhood? Not a new-fangled designer garden, but one that just grew around an old house. Remember? If you yearn to enjoy again that special look, feel and smell of an old-fashioned garden, this is the book for you. Trevor Nottle tells you how to start thinking like a nineteenth century gardener, then details what to do to the front garden, side and back gardens, verandahs and sheds to recreate the right old-fashioned effect. There is lots of information about what trees and flowers to choose, even what vegetables to grow. And there are comprehensive lists of plants common to nineteenth century gardens, with suggestions on where to obtain them. Ideal for the nostalgic.

SAFER PEST CONTROL FOR AUSTRALIAN HOMES AND GARDENS — Paul Rogers. Soft cover, 160 pp, Aust. RRP \$9.95.

Do we want to keep on poisoning ourselves and our world? With increasing evidence of the dangers of using household and garden pesticides, this book should prove very useful. After describing in alarming detail the harm these chemicals do to human users and their environment, the author lists a variety of alternative approaches to pest control. He explains how to use biological control, how to change the environment and how to choose the least harmful pesticides as a last resort. There is an alphabetical list of common pests and what to do about them, and a section explaining how to make your own safe pesticides. Alarming and informative reading.



COOKING

TASTE OF LIFE FOR CHILDREN — Julie Stafford. Soft cover, 144pp, Aust. RRP \$12.95.

The latest in Julie's highly acclaimed series of recipe books based on the Pritikin diet, this one is designed specifically to please the palates as well as meet the nutritional needs of children. Julie shows how every encounter with food, in daily living and on special occasions, can be a chance to develop healthy eating patterns, by producing delicious meals that are simply prepared and beautifully presented. There are fun recipes, many of which the children can make for themselves, and Julie also includes advice on nutrition, avoiding addictive foods that lead to degenerative disease, and how to deal with food fads.

NATURAL TUCKER — John Downes. Soft cover, 212 pp, Aust. RRP \$14.95.

Natural Tucker is an inspirational guide for people who want to return to a more natural way of eating and to avoid the illnesses of body and spirit which can be caused by eating processed foods. It is especially written for Australia's climate and the emphasis is on accessible foods and vegetarian dishes. The recipes are selected from many cultures — Greek, Japanese, European, Chinese, South-east Asian, modern western, Indian. The variety of foods makes this an exciting cookbook.

OUTBACK COOKING IN THE CAMP OVEN — Jack & Reg Absalom. Hardcover, 110pp, Aust. RRP \$16.95.

From their wide experience of the Australian outback, Jack Absalom and his uncle have compiled this entertaining collection of recipes and suggestions for foods that can be cooked in camp ovens. Using different sized ovens, they are able to create an incredible variety of appetising dishes out of ingredients that are readily available. Their recipes include the use of meats such as kangaroo, rabbit and goat, while the scones, dampers and breads look positively mouth-watering. The book is spiced with dashes of bushman's humour and practical advice for the outback cook.

HEALTH

LOOKING GOOD NATURALLY — Jill Nice. Soft cover, 128 pp, Aust. RRP \$16.95.

If you're concerned about the state of your body — skin, hair, face or feet — but don't want to use commercial beauty preparations or artificial ingredients, then this is the book for you. Written by a trained beautician, it explains how to make natural, healthy beauty preparations such as cleansers, moisturisers, toothpastes, hair rinses, suntan creams and perfumes. Lavishly illustrated in colour, it also gives advice on diet and explains how to use massage and exercise as part of your beauty routine. For those who want to pamper themselves — naturally.

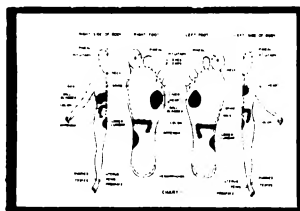


CREATIVE PARENTING — William Sears. Soft cover, 522pp, Aust. RRP \$18.95.

The subtitle of this book is *A Continuum of Childcare from Birth to Adolescence*, with emphasis placed on an uninterrupted, loving relationship attuned to children's developing needs. Dr Sears shows how both parents can be involved in this deep loving and giving experience which is reinforced by the child's response. He also gives practical advice about a range of childhood problems: breastfeeding, allergies, drug abuse and many others. This book supports parents in their efforts to meet the individual and changing needs of their children through loving involvement in their lives. It is a comprehensive reference to all aspects of parenting, specially revised for Australian conditions.

HELPING YOURSELF WITH FOOT REFLEXOLOGY — Mildred Carter. Soft cover, 190 pp, USA. RRP \$7.95.

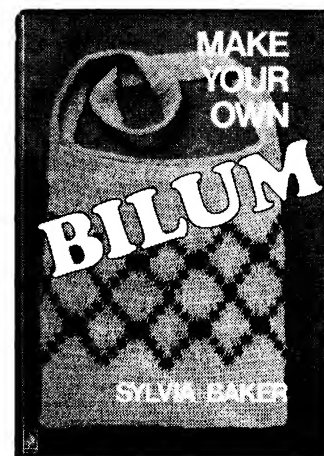
Helping Yourself with Foot Reflexology explains how to massage your feet for relaxation, and to bring relief from pain and disease in various parts of your body. In a simple chart the feet are illustrated with shadings outlining which parts of the feet correspond with various organs and parts of the body. It's an easy-to-read book which makes it ideal for people interested in learning about reflexology as well as for people wanting to expand their knowledge of massage.



CRAFT

MAKE YOUR OWN BILUM — Sylvia Baker. Soft cover, 46pp, Aust. RRP \$9.95.

A bilum is the traditional and amazingly versatile carry bag of the people of Papua New Guinea. No two bilums will be the same as they are totally handmade, using a technique of knotless netting that is impossible to duplicate by mechanical means. Sylvia Baker has used her practical experience and extensive study of this little-known craft to produce a fascinating book, in which she gives clear directions on how to create a wide variety of forms and textures by the use of both natural and man-made fibres. Styles range from simple to very complex, so there is scope for beginners as well as skilled craftspeople to experiment with this unusual and inexpensive technique to produce beautiful bags, belts, hangings and other decorative items as shown in the colour illustrations.



SPINNING AND WEAVING — Mary Beeston. Soft cover, 156pp, Aust. RRP \$10.95.

JEWELLERY — Robin Stubbs. Soft cover, 121pp, Aust. RRP \$10.95.

POTTERY — Janet Mansfield. Soft cover, 143pp, Aust. RRP \$10.95.

These three books belong to the Support Yourself series and are designed to help amateur craftspeople in these fields cope with the transition to making a living as professionals. They contain invaluable advice for anyone who is considering taking such a step, outlining the problems and pitfalls that may be encountered in setting up a studio, managing your workload or pricing and presenting your finished product. Basic accounting and filing systems appropriate to the particular craft are described, and each book gives specific and detailed advice on how to organise your craft work for maximum pleasure and profit. The books are written by women successful in their chosen fields who are keen to assist those whose desire is to make a living from doing something they love.



Special offer until June. A copy of the Vegie Gardener's Companion will be sent with orders over \$35. Orders over \$50 will also receive David Stephen's Organic Garden Calendar.



KIDS

BUSH ALPHABET — Will Douglas. Hardcover, 32pp, Aust. RRP \$14.95.

This is a marvellously illustrated children's ABC of Australian animals. Each drawing shows an animal in the shape of the letter it represents, and the accompanying text gives a brief description of the animal and its habits. The language used is quite simple, so that even small children will be able to learn a good deal about our native animals while examining the details in the beautifully coloured paintings that bring them to life. The book also includes a game, similar to Snakes and Ladders but with an Australian theme, that the whole family can have a lot of fun with.

CROCODILE TALES — Graeme Wells. Hardcover, 48pp, Aust. RRP \$9.95.

These four interconnected stories are intended as an educational experience for both children and adults. In an entertaining way, and accompanied by beautiful full-page colour photographs, the stories present the life cycle of crocodiles in fascinating detail, from mating to birth and gradual independence of the young. Each story begins with a scientific outline, so that parents can answer their children's questions as they read through the book together.

FIRST AID IN READING, WRITING & SPELLING — Theo H. MacDonald. Soft cover, 272pp, Aust. RRP \$14.95.

Being able to read, with understanding, is a basic and essential skill. This practical book is designed to help you help your children acquire this skill, either as a supplement to regular school work or as part of educating them at home. Step-by-step instructions are given for taking your child through a complete program, beginning with basic sound patterns and proceeding by gradual stages to simple writing exercises. The author has had wide experience of teaching at all levels in several countries, so he is well qualified to present this commonsense approach to overcoming problems in reading and writing. A very useful book for anyone concerned about their child's ability to use and understand words.

SELF-SUFFICIENCY

HANDY FARM AND HOME DEVICES — J.V. Bartlett. Soft cover, 310pp, Aust. RRP \$14.95.

This reproduction of an early Australian collection of hints and gadgets for use around the home and farm is just as relevant now as when it was first published in the 1940's. The importance of making do with what you've got still applies today, so anyone wanting to save time and money should find valuable information here, on making gates, tanks or furniture, keeping poultry, growing vegetables, building fences, saving water or doing your own car repairs. The message of the book is: when you're stuck — improvise! There is a very comprehensive index for quick reference, and the original advertisements retain the flavour of a simpler, more basic way of living.



BUILDING

MUDBRICK AND EARTH BUILDING THE CHINESE WAY — Ron Edwards and Lin Wei-Hao. Soft cover, 157 pp, Aust. RRP \$12.00.

The Chinese are experts at building earth homes and the authors of this book explain with detailed illustrations the various techniques they use. Techniques include rammed bricks, cave homes, pit dwellings and fired bricks. This informative book is based on years of research and practise. It will benefit both the beginner and more experienced earth builder.

AUSTRALIAN EARTH COVERED BUILDING — S.A. Baggs. Hardcover, 146pp, Aust. RRP \$19.95.

With increasing interest in the advantages of using earth in building, this book is very topical. All aspects of this type of construction are discussed in detail, with emphasis on energy conservation and maintaining harmony with the landscape. The book is written especially for Australian conditions, so that our particular climatic and environmental situation is fully considered. Disadvantages of earth-covered building are also discussed, so that anyone considering this type of building should gain a very clear picture of all that is involved, from selection of a suitable site through all the details of construction, landscaping, maintenance and even insurance. A very comprehensive and informative book.



Snip Snip!!

BOOK NEWS ORDER FORM

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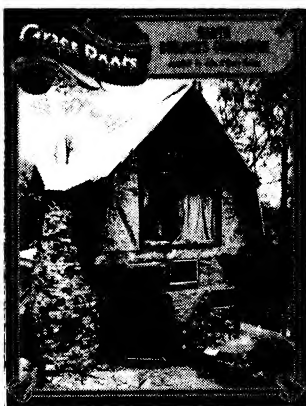
GENERAL

ALTERNATIVE TO WAR — Keith Suter. Soft cover, 152pp, Aust. RRP \$9.00.

Subtitled Conflict Resolution and the Peaceful Settlement of International Disputes, this book is a timely reminder of the need to find better ways to solve international problems. In a world of increasing violence, and with the ever-present threat of nuclear annihilation, we must all be concerned about the confrontational policies of the major world powers and look for nonviolent methods of resolving disputes. Keith Suter describes ways in which individuals as well as governments can act to reduce the level of global tension and move towards a more peaceful world. He explains how to mobilise public opinion, to make peace initiatives widely known, to encourage mediation of disputes by trained impartial outsiders and describes what international organisations are doing to help. A thought-provoking book.

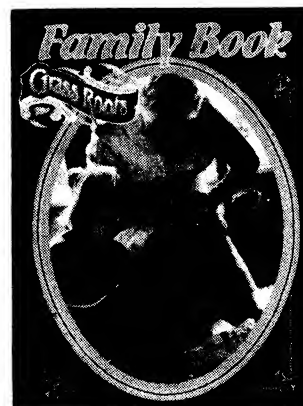
THE COMPLETE AUSTRALIAN BUSH-FIRE BOOK — Joan Webster. Soft cover, 269pp, Aust. RRP \$19.95.

It may seem to be too late for this summer, but it's never too late for planning how to protect your property against the danger of future fires. This book, featured in GR59, will help you to do just that. Joan Webster has for many years been concerned about the recurring pattern of disastrous bushfires in Australia, and has compiled this book as a result of her research into the problem. *The Complete Australian Bushfire Book* tells you about bushfire behaviour, how to recognise danger signs, what to do and why. It dispels old fears, tells how to save your home from being burned, what to wear, how to find shelter — how to survive. It also has a section on planning homes, gardens, and farms that are bushfire-resistant.



Earth Builder's Companion John & Gerry Archer

The *Earth Builder's Companion* is a manual on how to design and build your own earth house. This book contains all the information you need to put a roof over your head without council hassles or a 25-year mortgage. Full of helpful advice on design principles and practice.
p/b 136pp \$7.50 post paid.



Family Book

This is a diverse collection of stories about Australian lifestyles. The readers' stories illustrate how different families adapt their needs to create a lifestyle that is personally satisfying — role reversal, extended families, home birth, birthdays, pets and recycling.
p/b 144pp \$6.50 post paid.



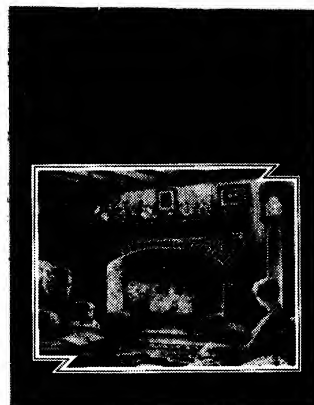
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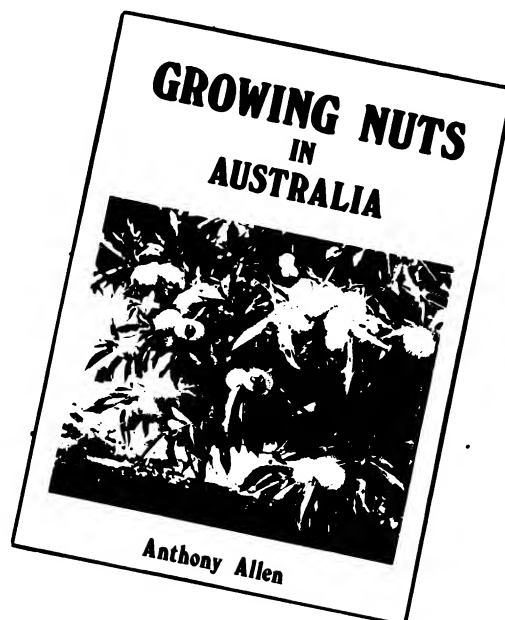
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Anthony Allen

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AN ALTERNATIVE BLENDER

by Carl Moore, Possum Ck, via Bangalow, NSW.

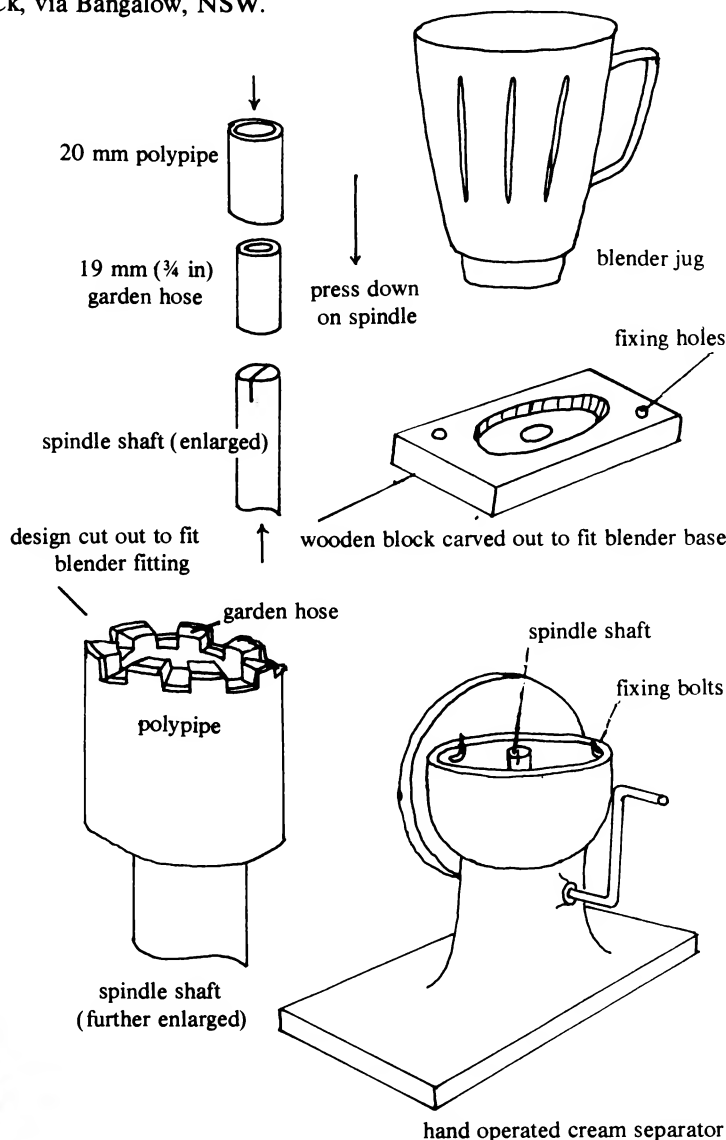
There's no electricity connected to your abode, but you still want to be able to use your blender for food preparation? Don't despair. You can convert your electric blender to hand power by marrying the top half of it to a cream separator.

The cream separator is designed so that turning the handle slowly makes the central shaft spin at great speed — ideal speed for a blender. There is no need to go into detail here about the cogs, gears and whatever else connects the handle to the shaft to increase the speed. It works, which is enough for our purposes.

To make the conversion, you need to make a holder for the bottom of the blender jug, similar to that on the electric base. I used a block of wood for this, chiselling out a depression deep enough to hold the blender jug reasonably steady. This base also needs to have a central hole through which the shaft passes to connect to the blender. You may have other materials besides wood which would be suitable for this purpose.

The next step is to join the shaft to the shaped connector on the blender jug, where the rotor is. I found that a length of 19 mm (¾ in) garden hose would slip tightly over the separator shaft. Over this I then forced a length of 20 mm polypipe, the black plastic agricultural type. This gave me a quite tough but flexible knob, which I then shaped with a hand-held hacksaw blade so that it fitted the pattern on the rotor of the blender. It was a sort of castellated affair on mine, but each make varies, so you will have to shape the hose to fit your particular model.


All you have to do now is place the blender onto the shaft and settle it snugly into the wooden base. When you turn the handle, steadying the blender with the other hand, it works! It even makes that delicious chick-pea dip, hoummos, the most motor-burning substance ever to enter a blender bowl.



FATHER'S SMOKING AFFECTS BIRTH WEIGHT

Babies born in families where the fathers smoke during the mothers' pregnancy weigh an average 210 g less at birth, according to a recent Japanese study. Japanese doctors who conducted a one-year study of parents visiting public health programmes in Tokyo in 1983 had found that the gestation period of babies with nonsmoking fathers was an average 39.74 weeks, and that for babies whose fathers smoked during the pregnancy it averaged 39.15 weeks.

The doctors concluded that babies whose fathers smoke tend to be slightly premature. Of the 163 babies in the study, 112 had fathers who smoked, and 51 had fathers who did not. In weight, the smoking group weighed an average 3166 grams at birth, while the nonsmoking group averaged 3376 grams. The weight difference was nearly the same as that reported by the World Health Organisation for babies of smoking and nonsmoking mothers.



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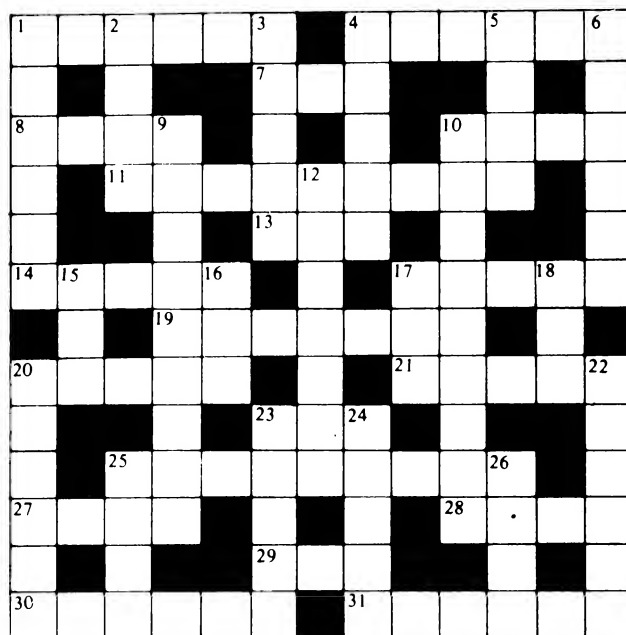
by M. Riley, Newborough, Victoria.

Across

1. Hit when ash found in bed.
4. Opposed to a rhyme.
7. Sick almost till the end.
8. Rebuilt a log prison.
10. Quick take-away food.
11. Steep in water.
13. Die in protest.
14. No sitting duck for the Spaniards.
17. Stool for instruments.
19. Brush cleaner.
20. Hidden shot at wading bird.
21. Fool may later march past.
23. He and you in shade.
25. One vegetable within, abroad be another.
27. Courts for lovers.
28. Spin back and bites.
29. Canadian has the container.
30. Has pot for fertiliser.
31. Disturbed shy cat reveals crafts.

Down

11. Dad has bag containing capital.
- 2 & 25. Showmanship (4,4).
3. Eater is in red.
4. A room up high.
5. Existing in the realm.
6. Pesent changes and penetrates.
9. Blossom spurs on lark in garden.
10. Design story plot (5,4).
12. Arose early.



15. Jogged in a trance.
16. Wee change for wood producer.
17. Eat for meal.
18. Flowers from garden of leisure.
20. Appear to humiliate (4,2).
22. Women in glasses.
23. Contrive to bring forth.
24. Why another bone found in Black Forest?
25. See 2. down.
26. Near in the night.

Solution on page 72

THE THINGS PEOPLE EAT!

The following article is reprinted from the July/August copy of the NHS Wollongong Branch Newsletter.

Plans to alter the labelling of packages foods so that every additive is listed are pie in the sky, according to a leading company. The Chief Executive of the kitchens of Sara Lee, Mr Allan Rogers, says the proposal by the Consumer Affairs Minister, Mr Whelan, is impractical. 'If we listed all the chemicals in some of our desserts the packets would read like a doctor's prescription,' said Mr Rogers. 'Consumers don't want such a barrage of information. It's hard enough encouraging some of them to read the cooking instructions.' Mr Whelan wants American style legislation introduced so the names and proportions of chemicals in a product are on the label.

'That's crazy,' said Mr Rogers. 'Our black forest cake, for example, contains uses bleached flour which contains niacin, iron, thiamine, mononitrate, annatto and tumeric extracts. How's that going to look on a packet?' Mr Rogers response was echoed by the technical director of Cotties General Foods, Dr Christopher Hudson. 'We produce processed foods and there are thousands of chemicals in just one jar of strawberry jam,' he said.

Editor's comment: this really is a sickening state of affairs. Is it any wonder the health of the nation is in such a sorry state?



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BULLOCK POWER

PART I

by Jan Crawford, Bairnsdale, Victoria.

Selecting a Calf

Calves are usually sold by dairy farmers who only keep a limited number to replace the older cows in the milking herd. You may buy a poddy calf directly from the farmer, from the market, or from the calf scales.

The best place to purchase a calf is directly from the farmer. It may still be drinking from the cow or be learning to use a rubber teat. At the market it is wise to ask a stock agent to help you select an animal, as he will know what is best for your needs and may advise on prices.

Calf scales are run from farms in different areas by people buying calves for companies. The calves are sold by weight and farmers bring their stock to be weighed at a certain time each week. Often the person running the scales will sell you a calf if they know what you want well beforehand.

Regardless of where you buy, the calf should be standing up and moving around easily. It should have bright alert eyes and not be scouring (diarrhoea). When only one or two days old, and still on the mother, most calves will have yellow or creamy coloured faeces.

For feeding, nail a board up with a hole large enough to push a rubber teat and hose through. The other end of the hose can go into a drum which is filled with milk once per day. Once the calf knows that this is where he feeds, within a short time he will feed himself. All the equipment for calf feeding can be bought from stock feed stores.

If you have more than one calf, a 300 litre (44 gal) drum can be used as a 'cob'. The milk is then only replaced as the drum is emptied.

If powdered milk is used, follow the directions on the bag for mixing, whole milk is just poured straight into the drum.

It does not matter if the milk is cold, goes thick, smells or goes a strange colour — they get used to it. The yoghurt milk seems to keep the calves healthy and helps their digestion and prevents scouring.

It helps to have a sheltered area that the calf can go to when it wants to rest or sleep, but make sure it does not lie on soiled or wet ground. The structure does not have to be elaborate, but it should be easily shifted onto fresh ground.

Supplementary feed (calf pellets) is available from most feed stores, and is beneficial even if the pasture is good. If the pasture is short, lucerne, clover or grass hay must be fed. (Any state agricultural department will have notes on calf rearing.)

It is an advantage to have your poddy broken to the halter and lead trained. This training for a heifer will make her much easier to handle if you wish to milk her, or if she ever needs veterinary or other special treatment.

Many poddies are bought with the idea that they will end up in the freezer. But, somehow, many escape that fate. There are many reasons for this 'He's a pet' so he stays in the paddock eating his head off, while the better half of the family

is heatedly pointing out the high cost of meat!

So what about a solution to what to do with a poddy?

Need more firewood? Get Poddy to haul it home. Need something shifted and it's too heavy for you? Make Poddy shift it. Need something carted and it's too boggy for a vehicle? Yoke up Poddy. Fund raising? Why not 'Poddy in a cart' rides.

Now take up your *Grass Roots* and go out and we'll have a look at Poddy. The best type of bullock should have a wide forehead (for holding vast amounts of knowledge that you are going to put there, in the brain behind it), well set ears (for hearing with), and a nice even growth of horn. Polls (without horns) are OK but with horns the beast has a better idea of how narrow a gap he can go through without hurting himself, and you will never underestimate him or take him for granted as even a slight scrape with a horn will bring you down to earth quickly.

He should have black hooves as they wear better and are stronger than white ones.

The ability to walk well with a good even stepping pace will enable your bullock to travel distances without tiring. If he drags his feet, he isn't using his shoulders effectively and he will tire quickly!

Legs should be in proportion with his body with well rounded heavy bones, good solid knees, smooth fronted cannon bones, large, free moving fetlocks and even, well-shaped hooves with a neat cleft in between. (Slender legs will not stand too much heavy work.)

His body should give an overall impression of strength, with long, well sprung, even ribs, well rounded hips, and long between the hips and hocks. (Hocks are the sticking out bits on the back legs.)

The shoulders should be strong, wide and free moving for power. The withers should be well set and the neck wide and deep. A wide brisket will set the front legs apart, and his legs should be straight from the front.

The temperament of your bullock must be placid and quiet, and he should be able to tolerate children running around him. If he is at all nervy or flighty forget it, he will only end up hurting someone.

It is an advantage if you can walk up to him in the paddock, put on his halter and lead him to the place where you are going to yoke, brush and feed him . . . if he comes to you so much the better.

If your poddy falls short in any of the above, don't worry. You have to start sometime with something and he's it!

The Ideal Bullocky . . .

The best bullocky (owner, trainer and tormentor of the described ideal bullock) must be patient, long in tolerance, stout of limb and loud of voice. It is also an advantage to live in the land of 'lots of time' because you'll need it. So now that

we've established that you actually own the ideal bullock and that you'll do for his ideal bullocky, we now start both of you on the bullockies' trail.

Training your bullock

Your bullock needs to be trained to do the following:

Tie up: to stand tied to a fence, tree or solid object without pulling back or breaking anything. When tied up, he should be brushed and generally handled all over without fuss including picking up his feet.

Lead: the ability to walk beside 'Bullocky' and go wherever you require him to go i.e. like a dog on a leash.

Come: it's better having him come when called than having to go down the paddock to get him. (He is sure to be in the farthest corner, anyway.)

Basic commands:

Go right — gee off

Come back — come here

Stop — wheeeeeeeaaaa

Step back — whooaa baaaack

All commands should be issued in a clear voice, with the bullocky positioned beside the bullock between his hip and tail on the left side. The left side is called the near side and the right side is called the off side.

If Poddy has been castrated (neutered, cut, gelded) then he is suitable as a working animal. This should have been done before four months of age, but can be done up to 12 months, (it is more costly though).

If he has not been done then he is a bull and unsuitable.

After Poddy has been cut he is called a steer until he reaches the age of two years, then he is called a bullock. Training can start at any age, but the younger the better.

So your Poddy is older than two months . . . even up to two years old. As he's been a pet and used to being handled, the initial training is having a halter on, being led, tied up and brushed. The most important part is being able to handle his legs and hooves. If this has been done he is well on his way to being trained. Remember, training never really ends, as you can always learn something new no matter how old you are.

Tie him up with a strong halter or horn rope to a very solid tree and for several days take his food and water to him until he understands that you are boss. Talk constantly to him and brush him, pull him around until he moves when you want him to. The best way to teach him to lead is to get him thirsty and lead him to water, then take him back to his food, then take him for a walk to water, and back to his food again. This way he associates walking with his stomach!

Next, tie him on a long tether rope so he can graze. This way he can still be controlled with the long rope. Keep up the brushing and talking as this is very soothing, and if he knows your voice, he will respond better to commands.

Always handle him in the same place, be it in a yard or beside a fence. When trained, your beast should be able to come when called, walk up to the spot, stand near his yoke and wait for you to put it on him.

The training and driving of Poddy, steer or bullock, takes patience, time and practice.

For a start, keep Poddy on the lead or horn rope until he can obey you without it as a control.

This article is to give you would-be enthusiastic bullockies a guideline to the ways and means of achieving this object. Everyone has their own method, so go quietly and both of you will learn better.

Poddy is now about to undergo a drastic change in his very serene life, if you and this article have anything to do about it.

So lookout, Poddy, a hopeful bullocky is on the way.

In *Bullock Power*, Part II, Jan Crawford describes the gear necessary to yoke a bullock and how and when to use the whip, she then explains how to work your poddy with voice only.

Jan is secretary of the East Gippsland Bullock Drivers' League and recommends reading *The Bullock Driver's Handbook* by Arthur Cannon, president of the Australian Bullock Driver's League. *The Bullock Driver's Handbook* is \$15.50, including postage from Grass Roots.

Handy Hint

To get rid of the pain and swelling of the sting of jelly fish, stinging fish or insects, try applying chewed tobacco to the wound.

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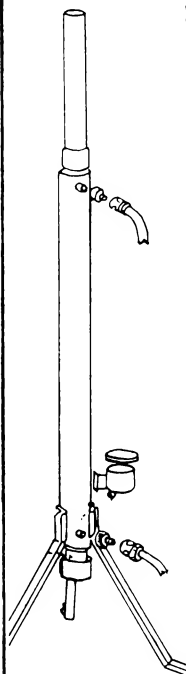
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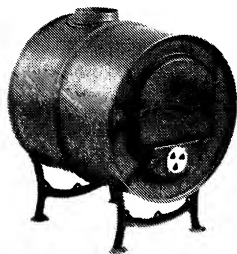
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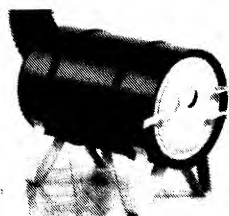
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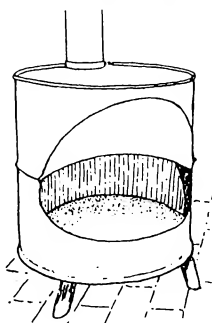
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Feedback on

Working with Steel

by S. Ridsdale, Bundaberg, Qld.

Having been a blacksmith for 40 years I would like to comment on some of Christine Taylor's statements in 'Working with Steel' (GR 59). These are some things I have learnt from practical experience.

- Hitting a small cross section with a big hammer will generally only flatten it, not cause it to burst. Power hammers in industry can hit from a few lbs to thousands of lbs. If the steel bursts on hitting it has probably been over heated (burned). The higher the carbon content of the steel the higher the risk of over heating. Yet alloy steels require higher working temperatures, so care needs to be taken in maintaining the correct temperature, as Christine points out.

- Steel may appear to lose its shape at high temperatures in a forge fire, but it will in fact only burn off outer surfaces (especially sharp corners).

- The fire welding Christine mentions can only be done if the steel is brought up to a 'plastic heat', about 1300° C. Flux runs off the impurities that come out of the fuel. Clean sand can also be used as a flux. If the fuel is clean and a deep fire is used flux may be omitted, as this reduces oxidation.

- I have found that quenching in a hot tempering medium, will only anneal steel if it is a high content stainless steel (copper will also soften if quenched red hot).

- Care needs to be taken when tempering a hammer face to the required hardness. Making it too hard could cause it to chip very dangerously. A pin head size of chip can penetrate to cut a major blood vessel.

- Case hardening is for wearing surfaces only (bushes and pins), so case hardened steel is not generally made into cutting tools.

There are a few other minor points: All forgings are not hardened and tempered. Only steels with a carbon content of about 0.5% upwards can be hardened and tempered. Some alloy steels are forced air hardened and reheated to be toughened. (Tempering is toughening.)

Tempering chisels by the method shown can sometimes lead to false colours running over the polished area. When I temper chisels, picks, crow bars, I usually heat them up to 1½-2" from the end, quench two thirds of the heated area, leaving the uncooled section to run the colours back to the point, then quench at the required colour.

Hoping this adds to your knowledge and does not dampen your enthusiasm for blacksmithing.



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Poetry

GIVING HIS SOUL!

Old man in white sailor cap turned
down over his eyes and beak
jogging
barefoot through the surf
foam
generating life into
ancient toes
arms
thrown out to fly
giving
his soul to the
seagull that
swoops out over him to
find its
breakfast
the old man now a seagull
playing
instinctively in
wind currents
then
back again into
himself to continue
his conquest of
the shore

Fritz Hamilton

PICTURES IN A BUS WINDOW (TURKEY)

It fell
upon the eye
that immense plain.
An endless plain
and endless furrows.
And there within
a finite man,
a tiny finite figure
sowing grain
by hand.
It took your breath
just the scale of it,
so dwarfed was he
that his sowing moment
seemed locked in time.
And one wondered
where was the end?
How could he finish?
But surely as the spring
the plain would green
and that finite farmer
would know satisfaction
beyond our ken.
We, mere travellers
skidding past,
viewers of a scene
never part of it.

Tony Lyn

ENDTIMES

As was said so long ago
The time is near, yet you show fear,
You cringe begin to crawl,
You plead me help you stop this thing,
I smile, I cannot help you at all.
I do not fear the end this time
I understand its reasons,
For love will hold the tears to climb
The changing of the seasons;
And you yet curse my silly verse
You say I dream a lie,
You say your life it cannot end
Because you do not know why.
Laugh I cry, I turn my eye
Towards the flowing trees,
I take your hand, to understand
You must first caress the breeze.
Your head I turn for you to learn
I reach towards the sun,
I take out from its crystal heart
That which makes you run.
I laugh a bit, then make you sit
I hold out to you my hand,
The shadow there that holds your stare
Is what gives life to this land.
You sit awhile and then you smile
You touch and kiss my soul,
You take my hand, you understand
That which gives life to this land
Is that which makes us whole.

Greg.

We have been on many a lonely road
In fair and stormy weather,
Have made our camp in bush, on beach,
And lived and loved together.

We have seen the white Bauhinia bloom
Where the plains are sere and wide,
And seen the purple mountains loom
In their awesome strength and pride.

You never said you were alone
With a stranger by your side,
And all I have is memories
Of the days when our world was wide.

Margaret Fountleroy

THE CLEMATIS

Oh what beauty I can see
A king parrot in the tree
And all around and round about
A flowering vine entwined
Amongst the trees and reaching out almost to the sky.

Our wedding day today
My love, all the wattles, golden pasts,
And now we feast our eyes
Upon the pretty flowers so white.

I stand upon the grove so deep
Wish maiden hair at my feet
And through my hair I feel
A small flower drop from
The pale sky above.

Your caramel linen white
Your perfumed song
Just a reminder of a dream long gone
Closer I come to the final ecstasy of knowing
How, I know, the splendid notes of nature
Now to return to my home.

Gai Winn.

MILKING TIME

And the cows come in, in the icy morn,
with a ring-a-ting bells in the early dawn,
they tread through the mud with a weary step.

And the boy with the stick hustles them along
in the morning lights' song,
with a jingle of the bells
swishing tails and the odd cavort,
the mild brown eyes and distrustful snort.

Pushing hides into the shed,
And the dairyman's yawning just up from bed,
munching jaws devour the hay,
and for the dairyman its just another day

The boy leans idly on his willow stick,
thinking how cows are awfully good to hit.
But if he doesn't hurry, he's going late to school.
So quick get on his bicycle
and he nips past the bull.

Oh no I'm gunna be late,
Oh you little blighter (says the farmer),
You've forgot to shut the gate!

R. Grant

A KOSCIOSKO WALK

Boxing day on a high hill
Summery
When we set off
From Sawyer's Hut
Along the track
Through gum trees hazy
In the mid-day heat
And vibrancy of rufous whistlers
Up the hill and out
Onto the open country
Mountain ringed
Sweeping and dipping
Away to the Escumbene
Flowing to the foot of the range
And the drinking lake
Still vast
Noting the richness
Of alpine grass
Long free from stock
Thinking of farmlands razed
Outside the park
The drought
Of course

D. Judge

THE MYSTERY

Cats the cat dying
in the animal
hospital me
coughing out
my life in
the tradition of
great poets sitting
on Ocean Beach where
yesterday
a corrupted seal lay
bloated and
stinking
all this death and dying
as the surf howls its
great white waves in at
me singing
an incessant sadness and
a small dog races
along the beach making a
nation of sandhilligs rise as
a pelican seems the
whitedans a testimonial to
the mystery

Fritz Hamilton

One rotten egg
spoil
the pudding.

Dear GR Kids,

This is your boarding school reporter here — how are you all going? I'm spending the weekend at home and it's great seeing how everything is. You really miss your pets when you're away from them. Well, I do anyway. My white rabbit is an even larger white mass of fur and is cheekier than ever. It will come and take a biscuit out of my hand and scuttle off to the bushes to eat it. You should have seen it one night, it was quietly sitting in the driveway when Meg walked towards it followed by millions of young turkeys. The rabbit sat stoney faced looking through the turkeys as they all rushed past, and truly, there were about sixty. Very cool. The quail are enjoying their freedom in the aviary and have probably forgotten the commercial farm they came from. They are dear little birds and so sweet. I put more dried bush and grass in their aviary so they can have privacy and they jumped into it with delighted 'whrrs'. The silkies don't live with Meg's chooks but in a cage I can see from my bedroom and they were more inscrutable than ever. They reminded me of a Chinese emperor and ladies, with all their colours and clothes. There are three chicks at present, a black, grey and a white one. I loved seeing our cats again. Madelon the mother was pregnant again when I left for school and I've had to wait weeks to see her new kittens. It's terrible hearing about it on the phone and not being able to run out and see for yourself. I spoiled all the cats all weekend but especially the two new kittens. They are sooo sweet!

Boarding school is very different to home. There are more kids to have fun with and less privacy. I share my room with two others. After school we read or play a game, watch TV or go swimming. There's always something to do and someone to do it with. There is also much more homework. We have prep every night except Friday and Saturday. I've made lots of friends and a special one, Bethany. When the lights go out of a night we play jokes on one another, play ball games with my Garfield or just do crazy things. My room is on the second floor and there are two stairways up to it, we have competitions and record setting on how many steps you can clear at once and how fast you can make it to tea. I really like it but I do miss Meg and David, and the home cooking and of course all the pets. I'm having a wonderful weekend at home being spoiled and helping with all the chooks and things. I have to help now.

Lots of love from your GR pal.

Sunshine.

Coloured Hard Boiled Eggs

- Carefully pierce the flat end of the eggs with a needle to release air from the air sac — this will help prevent cracking during boiling.
- When cooled, clean the surface of the egg with a little diluted vinegar so it will take the decorations better.
- Decorate the eggs. You may like to use food colouring, food dyes or egg dyes made especially for Easter eggs. The brightness of the colour will depend on the strength of the dye mixture and the length of time you have the eggs in it.



He who wants eggs must endure the clucking of the hen.

Eggs in the pan will give pancakes but nevermore chicks.

The egg pretends to be cleverer than the hen.

KIDS PAGES

Eggs
not yet laid
are
uncertain
chickens.

EASTER

Easter is not just a time for eating chocolate eggs but is the most important festival of the Christian church. It celebrates the resurrection of Christ on the third day after his crucifixion. Like Christmas though, Easter as we presently enjoy it is a combination of Christian and pre-Christian traditions and customs.

Although Australians celebrate Easter during autumn, in the northern hemisphere, where many of the customs started, it occurs in spring. The word Easter is not a religious one but comes from an early word eastre, meaning festival of spring.

According to legend, the tradition of decorating eggs started with the birth of Christ — the Virgin Mary is said to have dyed eggs red, yellow and green for her baby.

Other people believe decorated eggs and the Easter festivities developed in later times. One story is that the pagan goddess Eastre, meaning spring, gave her name to this time of year and her favourite animal was said to be the hare, the symbol of love, fertility and growth. (Don't forget Easter occurs in springtime in the northern hemisphere.)

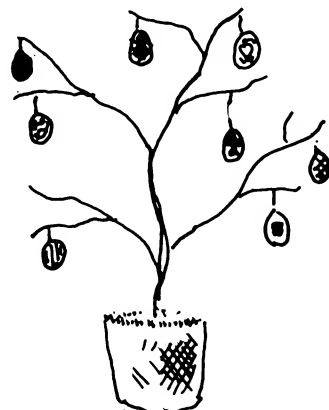
In Germany and other parts of Europe children grow up believing the hare lays Easter eggs so they make a special leaf soup to bring her into their gardens and to the nests they have made. But if a child has been naughty there will be no eggs in the nest, only droppings!

A special breed of fowl that originally came from South America lays eggs as pretty as Easter eggs. They are a blue-green colour, not white or brown like other fowls' eggs but unfortunately they don't have chocolate inside. The hen is called an Araucana and there are a few to be found in Australia.

Russian people have given eggs as Easter gifts for hundreds of years. Wealthy people would exchange jewelled, crystal or porcelain painted eggs whilst the poor would give wooden eggs or decorated hens' eggs. The wooden eggs were often decorated with geometric patterns or even a scene depicting children at play.

An Egg Tree

- You will need to collect blown eggs for several weeks before you can decorate your tree. When you have enough, look for a leafless branch.
- Place the branch in a small bucket or pot of sand.
- Paint or decorate the eggs then secure to the tree with thread. Place it in a prominent position.



DECORATIVE EASTER EGGS

There are lots of ways of decorating eggs — sticking transfers on, painting, glueing pieces of fabric and ribbon, sequins and beads, paper shapes, and by soaking the eggs in a pot of coloured dye.

One method of decorating eggs is to brush or dribble on rubber cement before you dye them. Try and create patterns, either regular or random, for a more interesting effect. The idea is to leave the parts of the shell you want to dye uncovered by the cement. Dunk the egg in a pot of dye or food colouring, removing it when it has taken on the colour you want. If you're going to use several colours, start with the lighter ones first.

Let the egg dry thoroughly before you do the next colour. Rub off the first lot of rubber cement, then make a new dribble pattern on the egg and dye it with a different colour. This dribble and dye action can be repeated several times for amazing effects.

If you blow your eggs first before commencing decorating you can keep them for ever. Lightly painting with a clear varnish will help the egg last longer.

Hares and Eggs

The legend of the hare bringing Easter eggs is said to have come from Germany. A poor woman dyed some hens' eggs during a terrible famine and hid them in a nest as a gift for her children. Just as the children discovered the nest a hare jumped out of the bushes and the story spread that the hare brought Easter eggs.

EASTER CHICKS

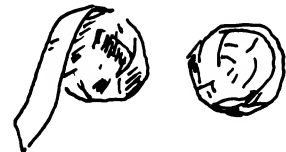
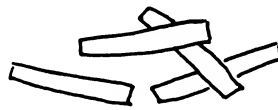
You will need:

yellow tissue paper
a little orange or yellow paper
several small pieces of card

cotton wool (yellow balls from a pack of assorted coloured cotton wool balls would be perfect)
paste scissors, pencil, compass

Each chick is made from two cotton wool balls.

- Cut out a number of small strips of tissue paper — about as long and as wide as your finger.
- Dab a little paste onto the palm of your hand, then place a ball of cotton wool on it and squeeze it around until the paste is soaked up.
- Roll the cotton wool ball between your two palms to form a ball.
- Wrap a strip of tissue paper around the ball, add more paste and roll the ball around.
- Keep adding more strips of paper, and more paste, and rolling the ball around until it is the size you want. Make a large and a small one.
- Place the small ball on top of the larger one, squeeze gently and leave to dry.
- Cut out two wings from the yellow paper, paste to the body.
- Cut out a beak, and secure to the head by pasting the bottom half to the head.
- Cut out a round or oval piece of card larger than the chick, then stick the chick to it. You could colour the card green or paste pieces of grass or hay to it to make it look more real.
- Your Easter chick is now finished. Do you think it needs some little friends?



Don't count your chickens before they are hatched.



While the Billy Boils.....

Many people today, in particular the young, are seeking alternative diets. They become vegetarians or vegans or lacto-vegetarians or macrobiotic or new age raw food folk... At the same time, some of these people search for alternative medicine because our present day medical practice has so many shortcomings. Some in this sphere have found that they are able to heal themselves and their friends by following one or another traditional idea of natural medicine. They have also found that such healing does not always work on their friends who do not eat well. If you eat clean, whole foods in a balanced fashion, you become amenable to natural medicine.

Natural Tucker — John Downes.

Cheese and Olive Loaf

- 1 cup wholemeal SR flour
- 1 cup white SR flour
- ½ tsp salt
- ¼ tsp cayenne pepper
- 1 tsp sugar
- 1 egg, beaten
- 2 tbsp butter, melted
- ¾ cup buttermilk (or ¾ cup fresh milk stirred with 2 tsp lemon juice)
- 1 cup grated tasty cheese
- ½ cup chopped, stuffed olives
- ¼ cup grated cheese, extra

Sift flours, salt and pepper into a basin with sugar. Stir in egg, butter and buttermilk, and combine quickly and lightly with dry ingredients. Fold in cheese and olives, and spoon into a greased 23 x 12 cm (9 x 5 in) loaf tin. Sprinkle top with extra cheese, and bake in a moderately hot oven for 40 minutes, or until cooked when tested. Turn out and cool for a few minutes on a wire rack, then serve sliced and buttered.

Clare Myers, Armidale.

Abe's Chilli Sans Carne

- 1 onion, sliced
- 1 tbsp oil
- 1 cup cooked kidney beans
- 1 cup cooked chick peas
- ½ can tomatoes, mashed
- 1 tsp cumin
- cayenne
- 1 capsicum, chopped
- 1 clove garlic
- ½ can tomato soup
- salt and pepper
- 1 dsp chilli sauce

Fry onion, capsicum and garlic in oil until onion is golden. Add chick peas, stir and fry for two minutes. Remove from heat and add cumin and stir well for one minute. Return to heat. Add all ingredients except kidney beans and cayenne. Bring to boil then simmer until of desired consistency. Add kidney beans and cayenne pepper to taste. Cook about five more minutes. Serve with plain boiled rice. Best eaten the next day. Also makes good soup. Just add water. Chick peas not essential. Add more beans if liked.

B. & C. Abrahamson, Loganholme.

Lentil Pate

- 2 cups cooked brown lentils
- 1 onion finely chopped
- 1 cup steamed spinach or silverbeet — stems and all juice ¾ lemon
- pepper to taste
- 2 large tbsp natural yoghurt
- 3-4 tbsp olive oil

Fry onion in butter with sprig of rosemary and some garlic until golden. Drain the lentils and spinach and put in blender. Mix with the onion, lemon juice, pepper, yoghurt and some of the olive oil. Blend. If it's too thick, add more oil. Chill and serve. It's nice on bread instead of butter — on grilled vegies or fish. Taste sensations are unlimited. I froze half the quantity for next time because with only 2½ people using it, the above quantity was a little too much. You also may like more or less lemon.

Lorrain Cuagnin, Lower Chittering Valley.



Pumpkin Bake

- 1 kg (2¼ lb) raw pumpkin cut into pieces
- 1 cup raw rice (long grain)
- 1 egg
- ½ cup milk
- 1¼ cups cheese
- salt
- black pepper
- 1 cup soft breadcrumbs

Steam the pumpkin. When cooked, remove the skin and mash the flesh. If desired, add a knob of butter to the mashed pumpkin. Boil the rice in 2 cups salted water. Add the rice to the boiling water, simmer, lid on saucepan, for 14 to 15 minutes. At this stage all the water will be absorbed and the rice will be cooked and fluffy. Add the rice, egg, 1 cup of cheese (tasty), milk and seasoning to the pumpkin. Spoon the mixture into an ovenproof dish. Mix the remaining cheese and breadcrumbs together. Sprinkle this mixture on top of the pumpkin. Bake for 20 to 25 minutes at 180 degrees C (350 degrees F).

R. Worrel, Warburton.

Ambrosia

- 4 oranges
- 2 bananas
- ½ cup freshly grated coconut

Discard any liquid in the coconut. Using an axe, chop the nut, pare off the brown skin and, with a strong sharp knife, remove the coconut flesh from the skin. Grate the coconut. Peel the oranges and divide into individual segments so that the membrane on each segment is removed and left attached to the centre membrane core. Place a layer of orange slices in a glass serving dish, cover with thinly sliced banana, sprinkle with coconut. Cover with a further layer of orange and then sprinkle with the remaining coconut. Chill thoroughly in the fridge. Serve very cold accompanied with yoghurt or whipped cream.

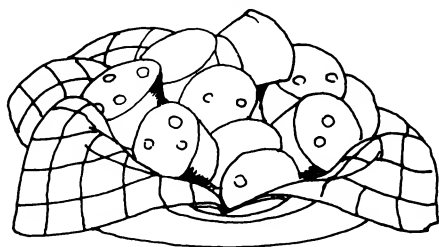
Jean Phipps.

Bran Muffins

- 2 cups bran
- 1 cup flour
- ½ cup golden syrup
- ½ cup warm milk
- 1 egg
- 1 tsp bicarb of soda

Mix dry ingredients together, then add warm golden syrup. Dissolve bicarb of soda in warm milk. Beat in egg and liquids. Spoon into warmed muffin irons or warm patty tins after brushing with melted butter. Bake in hot oven 375°F or 150°C. Serve hot, split and buttered.

Margaret Wagenhofer, Lima East.



Sweet Potato Pancakes

- 500 g (1 lb 2 oz) sweet potatoes
- 1 tsp lemon juice
- 1 small egg
- 2 tbsp plain flour
- 1½ tbsp finely chopped spring onion
- ½ tsp salt
- pinch pepper
- ¼ tsp caraway or sesame seeds

Peel potatoes and place immediately in a bowl of water. Place lemon juice in another bowl and shred potatoes into it. Beat together the egg, flour, spring onion, salt, pepper and caraway or sesame seeds. Drain potatoes, squeezing out as much water as possible and blend into the mixture. Heat a tablespoon each of butter and oil in a large frying pan. Spoon in about half cup of the potato for each pancake. Flatten into a round and cook until golden. Turn and cook other side. Remove and keep hot. Serve piping hot with tomato halves or as an accompaniment to main dish. Makes eight or nine.

Kelly Baker, Bondi.

Fruit Balls

- 226 g (8 oz) ground nuts
- 3 tbsp powdered milk
- 453 g (1 lb) mixed dried fruit (minced)
- 3 tbsp honey
- 3 tbsp coconut

Mix all ingredients and roll into balls about size of a 20 cent piece. Roll in coconut.

Matilda.

Uncooked Apricot Jam

- 1 cup dried apricots
- ½ cup honey

Wash apricots in boiling water, rinse in cold water and soak for two hours. Heat honey just long enough to make it thin. Put the honey into blender and gradually add the apricots until the mixture is thick and smooth then put in a jar. Any dried fruits and nuts may be added if desired.

Walnut Fruit Drops

- 1½ cups wholemeal SR flour
- pinch nutmeg and cinnamon
- 113 g (4 oz) butter
- 1 cup coconut
- 1 cup raw sugar
- 56 g (2 oz) chopped walnuts
- 113 g (4 oz) chopped dates
- grated rind 1 orange
- ¼ cup honey
- water to mix

Sift flour and spices. Rub in butter, add coconut, sugar, walnuts, dates, rind and honey. Mix to a firm dough with water. Drop by teaspoonful onto greased tray. Bake in moderate oven 10-12 minutes.

Christine Mason.

Lemon and Poppy Seed Cake

- ½ cup poppy seeds softened in a little water for 1-2 hours
- ½ cup butter
- ¾ cup castor sugar
- 3 eggs
- grated rind of two lemons
- 2 cups flour
- 2 tsp baking powder
- pinch salt
- ¾ cup milk, to mix
- lemon curd for filling

Cream butter and sugar and add beaten eggs and grated lemon rind. Stir in sifted flour and baking powder and salt alternately with milk and softened poppy seeds and mix into a soft consistency. Pour into two greased loaf tins and bake until the mixture shrinks from the sides and feels springy, about 30 minutes at 190 degrees C. Cool slightly, turn out, and when cold fill with lemon curd and ice with lemon icing using the juice of the two lemons needed.

Helga, Heidelberg.

FOOD ALLERGIES

Many people have allergic reactions to foods, environmental pollutants, animals, wool, dust and almost any substance you care to name. A lot of us are walking around oblivious to the fact that some of our vague symptoms such as feeling tired in the afternoon, irritability are attributable to allergy.

Spotting a food allergy

1. Symptoms come and go, especially:
 - (a) Swelling of different parts of the body.
 - (b) Heavy sweating unrelated to exercise.
 - (c) Fatigue not helped by rest (lethargy).
 - (d) Bouts of racing pulse.
 - (e) Marked fluctuations in weight.
2. Repetitive menus, obvious cravings for a particular food or other evidence of food addiction.
3. Other more obvious conventional allergenic signs are hayfever, urticaria, skin rashes, asthma etc. The symptoms are many and varied and include nasal catarrh, ulcer, headache, aching joints, cystitis, bowel cramps and other bowel problems, right through to more serious mental conditions like panic attacks, chronic anxiety, depression, overactivity, purposeless violence, and even alcoholism and drug addiction.

Specific allergies

1. Wheat (a very common allergy) — lethargy, tiredness, spaced out, sinus trouble.
 2. Chicken (allergy to the chemical antibodies) — feeling of general fatigue.
 3. Rye and sesame seeds — aching joints.
- Most common allergies: sugar, cereal grains, coffee, tea, chocolate, eggs, milk, processed food.
- Asthma is attributed mainly to milk, cheese, wheat.

How does a person become allergic?

On exposure to a substance that a particular individual cannot cope with due to:

- (a) The fact of it being a poison e.g. icecream, nicotine etc.
- (b) A deficient immune system and/or a depressed adrenal response.
- (c) Inherited Fixed Allergy — usually due to mother's allergies.
- (d) Eating the same food every day for a period of time, e.g. tea.

The three stages of allergy are as follows:

Stage I — single exposure. The first cigarette, first coffee etc. the body reacts violently — nausea and dizziness. This is the hyperactive response (nonadaptive). However, once the body is subjected to repeated exposure then it enters Stage II where the body adapts to the allergy. This adaptation can even include good feeling and above normal 'pick up' as with coffee, tea, sugar, cigarettes, alcohol etc. However, artificial stimulation — which is craved — after a while, leads to Stage III which is the exhausted response — the adrenals can't cope anymore with being whipped into action by the ingestion of the allergenic 'food'. So the feeling of tiredness,

run down, no energy descends. This is usually when help is sought.

TO EXPOSE ALLERGIES

Five-day plan fast for five days. Symptoms of allergies usually clear in three to four days. During this time be careful to avoid gas ovens, makeup, dust, polluted air etc. Drink spring water.

After the five days you are back to the nonadaptive Stage I and so the allergenic substance can produce several symptoms on reintroduction.

To test:

1. Take the pulse and record.
3. Take the pulse two minutes after the food.
4. If heart beat goes up more than 15 points, an allergy is indicated. If not, observe for two hours for any sign of a more subtle reaction, e.g. itching, flushing, pupil dilation etc.
5. Wait until symptoms of one go before trying another. Introduce one at a time.

Sublingual Drop Test. Avoid the food for five days, then do the same as above but put the food (in the form of liquid) under the tongue. Do this only with professional guidance because reactions can be severe.

Other methods are related to diet and involve rotating menus and food families so as to expose the suspect foods.

MASKED FOOD ALLERGY

This is where the symptoms of an allergic reaction don't come out until two or three days later and so are not linked to the actual food that caused them. In fact, the person probably feels the food is a favourite food and they feel better after taking it. 'I don't feel alive until I have had my . . . !'

To conclude, allergies in this day and age are mainly due to foods that have been refined, processed, chemicalised, sprayed, added to or are artificial. Our immune systems are under a lot of stress and to help individuals cope with allergies I suggest strengthening the immune system with one or more of the following: balanced nutrition, Touch for Health, vitamin and mineral therapy, herbs and homoeopathy. A regular exercise programme is deemed essential also. In this way individuals become more able to handle foods that before gave trouble. So the trauma of having to watch everything that passes one's lips — although it is a good discipline — is softened somewhat. This is particularly gratifying for little children, although most children, and adults too, will show some reaction to the 'heavies' like sugar, milk, tea and are always better off them.

Note: To help recover from an allergic attack — go outside and do some deep breathing and walking in fresh air.

Further Reading

It's Not All in the Mind, Dr Richard MacKarness.

Allergies — Your Hidden Enemy, Theron Randolph and Ralph Moss.

Food For Thought, Maureen Minchin, \$5.70 posted.

Candida Albicans, Leon Chaitow, \$8.00 posted.

Food Intolerance, Robert Buist, \$11.50 posted.

The latter three books are available from Night Owl Publishers.

What to Eat Instead of . . .

by Joy Tarry

We become used to, even dependent upon the foods in our daily diet and when for health reasons major change has to be made we're left feeling devastated. There are tasty and healthy substitutes to most of our staples and people often find they prefer these to the food they were replacing. Try the recipes below — and if you have some you've created, do share them with us.

Salt

- Kelp, this is best of all (salt really isn't that good for us).
- Tamari, this is better than soya sauce which contains preservatives)
- Miso, a fermented soyabean paste which contains some salt
- Garlic or herbs, fresh and dried may be used to provide flavour.

Sugar

- Molasses, contains more minerals per same quantity of honey
- Honey
- Treacle, a more refined molasses
- Dates, are very sweet and can be used in porridge etc.
- Grated apple can be used in cakes and biscuits.
- Shredded coconut.
- Mashed banana is most successful for sweetening milk drinks or cakes.
- Dried fruits, apricots, sultanas etc. may be added to either raw or cooked food.

Milk

- Soya milk, either powdered, or home made
- Fruit juices are delicious on muesli etc., and can be used in baking in place of milk.
- Nut milk made from almonds. See GR 23, p. 38.
- Coconut milk
- SEED MILK
 - ¼ cup sesame or sunflower seeds
 - 2 cups water
 - 5-8 dates, pitted

Soak seeds, dates and water overnight. Blend until smooth, strain if necessary. Refrigerate. Makes 2 cups.



Cream

- TOFU WHIP
 - 1 block tofu
 - 2 tbsp cold pressed oil (not olive)
 - any fresh or dried soaked fruit:
 - apple juice
- Blend into a creamy consistency and add honey if required.
- ALMOND CREAM
 - ½ cup almonds
 - ¼ cup cold pressed oil (corn is good)
 - 1 tbsp honey
 - 1 cup water
- Mince, or blend almonds with water and honey, add oil in a thin stream. Yummy!

Cheese

- Soy cheese. See GR 23, p. 38.
- CASHEW COTTAGE CHEESE
 - 1 cup cashews
 - ⅔ cups sunflower seeds
 - 1 cup water

Grind or blend nuts and seeds until fine, doing small amounts at a time. Fold water in slowly to make a smooth, thick batter. Ferment by allowing to stand 12-24 hours at 20-25° C until a fluffy consistency. Do not over ferment. Add seasoning, herbs. Refrigerate several hours before serving.

Butter

- To extend your butter: lightly warm the butter and mix with the same amount of olive or peanut oil, add herbs etc. for a change.
- Olive or maize oil: mix your favourite oil with lecithin and spread on bread

- YEASTMITE
 - 4 tbsp food yeast
 - 1 tbsp kelp
 - olive oil, herbs or garlic

Mix all together.

- Tahini.
- Peanut butter.
- Low cholesterol butter. See GR 23, p. 39.
- Nut butter. See GR 23, p. 39.

Coffee

- CAROB AND WHEY DRINK
 - 1 tsp carob powder
 - 2 tsp whey powder (from E.)
 - 1 tsp molasses or honey
 - a sprinkle of cinnamon

Mix all together and add a little cold water; top up with boiling water.

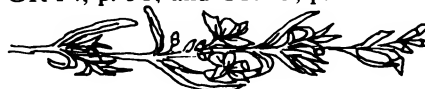
- Dandelion coffee. See GR 15, p. 16.
- There are a number of cereal based coffee substitutes readily available today on our supermarket shelves.

Tea

- OATSTRAW AND CINNAMON

2 tsp of oatstraw
1 slice of fresh ginger root
2 inches of cinnamon stick
Brew all together and leave for 5 mins before serving.

- Herbal teas have been used for centuries as a cure-all for various ailments or simply as a refreshing drink. See GR 13, p. 51, GR 14, p. 51, and GR 15, p. 60.



Every Australian Boy Needs a Shed . . . or Two

by Carmel Muddle, Kempsey, NSW.

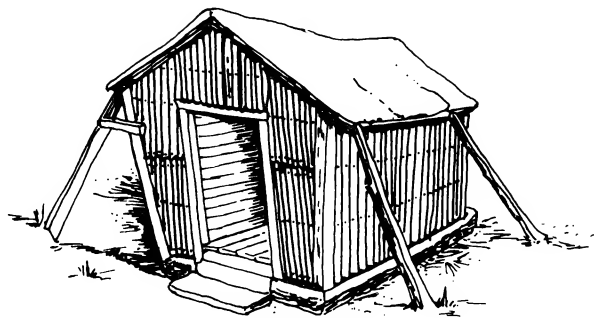
In Grandma's day, people cooked over open fires, washed in a copper and somehow managed without electricity. But I am not Grandma and I do not possess her endurance, patience and practical skills. So what happens when, through economic necessity, I am forced to manage as she once did?

My husband and I became owner builders and moved onto our bush block and into two garden sheds — without electricity and running water. Now, if you are a lover of antiques, are sentimental about 'the good old days', or often fantasise about being whizzed back through the ages in Dr Who's Time Machine, perhaps you would be delighted with our primitive lifestyle. Not I! The first week, I wailed 'What about the washing'? My fully automatic washing machine was lying dormant in storage, along with other gadgetry of the space age. My husband devised an ingenious plan to rig up a 44-gallon drum and bicycle wheel with me as the agitator! The only thing agitating was the look on my face. My impoverished machine was hastily abandoned. Needless to say, the laundromat and I are now on intimate terms.

While in town, I conveniently fill up every available container with liquid gold — our water supply. We have a 1000 gallon tank, but it never rains on our block. Meanwhile, my husband was merrily creating mudbricks. Ah, now that would appeal to many 'artsy-craftys'! Maybe the novelty would wane when faced with the daunting task of handcrafting 1500! So my husband — let's call him 'the incurable optimist', plodded (literally) on and proudly produced his first 100 bricks. He was so exhausted, we all retired to the beach to recuperate. Of course it rained. We weren't concerned about the uncovered mudbricks, lying at home, basking in the sun. It never rains on our block. We returned to discover our bricks eroding away down the track, much to the delight of Big Duck and Little Duck who quacked like crazy and puddled in the middle. Even the kookaburras laughed at the hilarious sight. 'Well', said the incurable optimist, 'at least our tank will fill'.

So we sat inside the bigger shed for three days. The rain hammered on the tin roof. Juniors one and two gleefully discovered treasures in tea chests and scattered everything in all directions. They used the empty chests to act out the role of Jack in the Box. The water tank became well and truly full. This cheered our dampened spirits, until, that is, an almighty roar startled the ducks, the wildlife and me, Miss Junior No 1 had turned the tap on. Psychologists always say children enjoy water play.

My morning sickness ebbed and I soon tired of recipes incorporating 101 ways to cook beans over the portagas. We had 101 ways to eat eggs on alternate nights. My husband didn't object until he ran out of 101 various sauces he had used to liven up the taste. So we lashed out and bought a camp oven. Three pairs of eyes eagerly anticipated the Sunday roast, as my husband laboured over the burning logs. He opened the lid of the camp oven. 'But where is the chicken?' said a small voice. Where indeed. The incurable optimist surveyed the charcoals, 'It might not be as bad as it looks,' he



said. We all had vegemite sandwiches for tea. Even Pet Possum couldn't be persuaded to nibble any charcoal morsels. We discovered why next morning. Possum had diligently devoured all of our fledgling vegies.

One day, we became the proud owners of a septic tank, complete with toilet bowl and temporary enclosure. Before we had a chance to christen it, cyclonic winds blew the enclosure over the hills and far away. The toilet was shattered to smithereens. The other night, my husband looked at my ever enlarging tummy and asked when the baby was due. 'I just thought,' said the incurable optimist, 'we might invest in another shed'.

'No way,' I exclaimed, 'the house will be finished by then, won't it?'

He paused. 'I could always stay in the shed and you and the girls could move into the house,' he said. As the song says 'Every Australian Boy needs a Shed.' It doesn't mention wives and kids!

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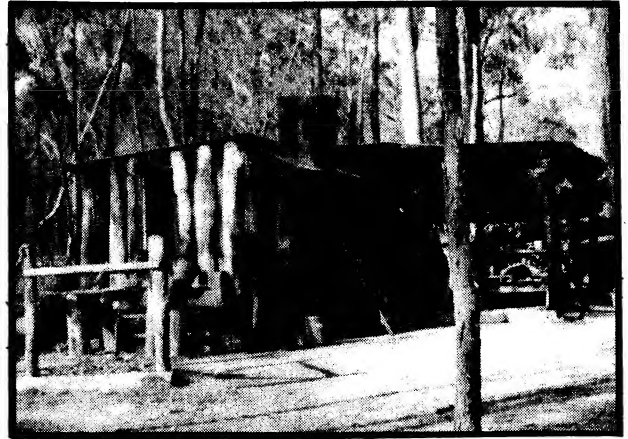


Organic Gardening in the Bush

by Lenie Morcus, Bundaberg, Qld.

A hello to all you lucky organic gardeners who are having some success growing vegetables without chemicals. I am a beginner and so excited at what I see coming out of the ground through my efforts with no aid from fertilisers or poisons, I really feel like telling GR readers. Feedback is my favourite section of GR, although I feel a little *'yeah I've been there, done that'* when I read some of the letters. A lot of the ideas have been tried out and work, and while many of the crafts are much too hard for me now I am really enjoying 'grassrooting'. I feel I have finally found my roots. Slowly I am becoming very handy with my hands. I watch my husband like a hawk (definitely no women around for miles!) because he is so clever with putting ideas into reality. His constructions are simple, easy to build and very strong. We construct most of our buildings with sleeper offcuts! Our verandah was built with useless suckers from the bush and looks like a little beer garden with crossover rungs. I jigsaw puzzled a stone floor inside it that took me four twelve-hour days; lugging the stones and clay was hard work but it was worth it. Visitors who call comment on how nice and cool it looks. But back to my newfound love, organic gardening.

My first attempt with a no-dig garden ended in tragedy. It started so wonderfully. I had made compost and more compost until my husband and friends started calling me the 'shit-lady', and everything was growing beautifully. So beautifully in fact that the horses found a weak spot in the fence we had so lovingly put up. I must have planted the corn too close to it and the smell became too much for them. They demolished almost everything and what they didn't the cattle sure did. I just howled and howled, hating all animals. The ducks had already ruined my choko and passionfruit vines, and numerous other tender-loving-cared for plants. I lost my enthusiasm for shitslinging for a while, and instead proceeded



This is our temporary home, and although basic is quite comfortable. Our log cabin — with the vertical logs — is coming along slowly but surely.

to cut fence posts and dig holes. My husband worked with a large crowbar and I with the shovel (gloves on) through rock and more rock, and in much less time than I had thought it would take we finished it off with a strong gate that's not a finger breaker.

I now have a beautiful no-dig garden again and it is going to stay lush and productive. The horses and cows moon at the fence and they're very welcome for what they leave behind. Yes, I'm shitslinging again and loving it. Every opportunity I can I gather seeds, and the excitement of seeing them sprout and trying to work out what they're going to be is wonderful. I now have the absolute luxury of a little pump and lots of hose to water the garden. I was sick of bucketing from the creek every day — the plants seemed to dry out so quickly. The hose is easier and it's certainly more effective.



My pride and joy — the organic garden. You can imagine how tempting the garden greens and the lucerne I grew in the pathways were to the horses and cattle, and my utter despair and frustration at the devastation they caused! But the new fence has them fooled.

My belief is that much misery can be avoided if we eat grain and vegies and all things in moderation, provided they are organically grown. I am learning about macrobiotics and would love to hear from like-minded people about how they started and how it is going? My dabbling is achieving good results; our temperaments are amazingly calmer with non-chemical eating. We are not all the way yet for I feel I started too dramatically. The food did not always taste appetising and I was a little too enthusiastic about it all. I am happy and feel great eating brown rice, seaweed miso soup and drinking Cancha tea. My aches and pains seem better. I wish all organic gardeners what I wish for myself — good results. We'll be much happier for it.

Growing Hints

I've been taking some notes about gardening and vegies and the idea occurred to me to share them.

- Plant brassicas in the hot months to ensure they mature in the winter. Pests on the leaves can be controlled with a mild soap solution mixed with a little paraffin oil. Don't let broccoli flower unless you want to save seed as it will stop the plant growing. Tie leaves loosely together to protect cauliflowers from the weather.

- Use a roll of newspaper and wrap around the celery or cut-off milk cartons to keep celery stalks white.

- Rockmelons (like pumpkins) require plenty of water but be careful not to splash it all over the leaves — it can cause mildew.

- Plant lucerne in pathways for composting, digging in to form rich topsoil, to cut for animal fodder and for comfort when kneeling in the garden.

There are several other vegies that have similar needs that you might like to consider growing.

ASPARAGUS

This may be grown either from seed or crowns and while seed will grow into quite strong plants in a season, one-two year old crowns are better if you're impatient for the spoils. Crowns can be planted during winter or early spring and it's a good idea to prepare the soil well before this. Dig the bed deeply, adding in well rotted manure and loads of compost; about a bucketful per square metre is effective. Leave for a few weeks.

To plant, dig a trench about 30 cm (12 in) wide by 30 cm (12 in) deep and sufficiently long to fit in the number of crowns you have, allowing 45 cm (18 in) between each. Set them in the trench with the tops about 20 cm (8 in) below the soil surface, having spread the spidery roots evenly. Cover with 5 cm (2 in) soil, leaving the rest heaped alongside the trench. Add it in gradually as the tips shoot up, and when the trench has been filled in let the plants grow without cutting.

It is important not to harvest any spears in the first year because it is a time when the plant is building up a strong root mass and they need foliage to do this. In the second year plants may be lightly harvested, for about four to six weeks or until thin spears appear, an indication that the roots need building up. Fertilise then let the plants grow until they die down in autumn. From the third year on you can usually cut spears from spring through to early summer, though remember it is better to undercut than overcut if you want plants to remain productive for years.

Essential care includes careful weeding, ensuring the roots are not disturbed, fertilising with compost and rotted animal manure after the final cut in summer and then again in early spring and mulching during the bearing season.

RHUBARB

This grows best in loam or clay loam that is well drained and has had a generous amount of well rotted manure and compost added. It requires plenty of water during the growing season and the addition of a thick mulch of straw or lawn clippings will help keep the temperature even. Mulch is a must in hot, dry areas or during prolonged dry spells and is best done before the ground begins to dry out.

Rhubarb can be successfully grown from seed or crowns, the latter as with asparagus, making the stalks available earlier. To grow crowns choose a site that is moist but well drained and dig a deep trench. Fill two thirds full with a mixture of rotted manure and compost. Allow to stand several weeks. Then position the crowns in the bed, allowing about 60 cm (12 in) between one, cover with soil and firm down thoroughly.

Like asparagus it should not be harvested during the first year and only lightly during the second. The following year you can pick stalks over a four-five week period and after that for about six weeks. Stop harvesting whenever slender stalks appear. Harvesting too early or for too long can weaken the crown so the most sensible idea is to keep enough plants to supply family needs. Pull stalks from the base of the plants when picking but never remove all the stalks. A plant needs foliage to survive. Avoid cutting stalks with a knife as this is said to cause crown rot but if stalks with flowers appear these should be cut if it's too difficult to pull them out. Rhubarb leaves are poisonous so never throw discarded leaves out to poultry or animals.

Regular care should include liberal amounts of compost and manure after cropping and in the autumn.

LEEKs

These are a hardy vegetable that will grow in even the most severe frost areas. They have a long growing period (about 100 days) and can be planted anytime from spring through to autumn. They thrive in rich loam that has been build up with compost and animal manure, but don't do at all well in sandy soil.

Start leeks off from seed grown in trays. Transplant when about 13 cm (5 in) high into either trenches or holes. With trenches, dig down to about 30-40 cm (12-15 in) then fill this two-thirds full with topsoil liberally mixed with compost and manure. Set seedlings into 10 cm (4 in) holes in the bottom of the trench allowing about 10-20 cm (4-8 in) between each plant. The rest of the soil will fall in slowly over the next couple of months, giving the leek plants plenty of room to fill out but if this process is a little slow you could help it along by shovelling small amounts in. When growing in holes the soil should be allowed to fall back in by natural erosion. Later extra soil may need to be hilled up around the leek plants to increase the amount of blanched stem.

Leeks require soil that has been well enriched with manure and compost and a steady water supply. Should they be allowed to dry out they tend to bolt.

PRACTICALITIES

PART III

by Peter Edwards, Batlow, NSW.

The previous article (GR 59, p. 66) referred to the need for diversity and convenience on a farm. Good fences are a means to both, because they allow careful control of grazing, separation of different crops and animals, and directed movement of stock. The farm, after all, is a managed ecosystem, and diversity must be deliberately maintained. Fortunately, a well-fenced property is also more efficient at producing income, which is just as well, because fencing is expensive to install.

Rabbit-proofing is particularly costly, so it may be best to concentrate on netting only that area in which your vegetables and flowers are grown, and to use solid ring-lock and barbed wire external fences, especially along roads. Internal fences may be electric, or several strands of barbed wire, depending on stock kept.

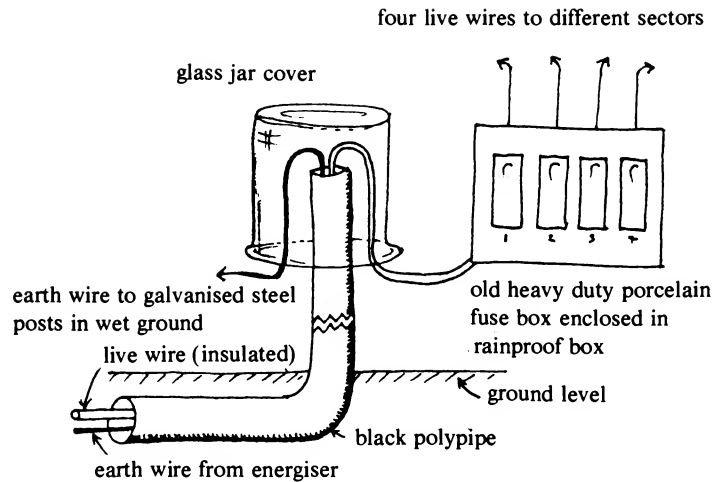
Posts cut on the property vary in durability. The less wood and the more steel star posts used the better, unless you know how your timber will last. Messmate, for example, is pretty useless. If local information is unreliable, the forestry commission is the place to ask. Contrary to some opinions, they know about more than just *Pinus radiata*. I am running electric wires offset from all fences on the property because I think they greatly extend the life of conventional fences. Without them, cattle and horses will push fences until wires 'pop' their staples and posts lean. Incidentally, it is usual to bury the bottom of rabbit netting, or bend it flat on the ground, but some clay soils rapidly rust the wire in contact with them, so it can be a waste of money.

The details of fence construction and electric fence installation are best dealt with by consulting booklets produced by firms such as Gallagher RSM, Boral Cyclone, Waratah, Spider, ARC and Daken. These provide excellent advice and illustrations, and are free.

Having looked at most types of fence post I think the best value is the black 'star' post. It can be used with conventional and electric fences (using plastic insulators) whereas fibreglass posts shed nasty fibres (wear leather gloves). Treated softwood posts are rot and termite resistant, but are not physically tough, and need electric offsets to discourage stock. They will eventually constitute a disposal problem because of the poison in them.

Grass fires are the bane of fencers. Some neighbours and council workers think nothing of burning along fence lines, which ruins the protective galvanising, not to mention the fence posts. If you have a fence which fronts a road with a rank grass verge, reduce the fire risk by running a temporary electric fence near the road edge and graze it down with shock-trained stock, or slash the verge. The latter is not always easy, because of drains and culverts. Check with the local council about the electric fence.

The illustration shows an arrangement on my electric fence which allows the fences on different sectors of the property to be turned off independently by pulling out the appropriate fuse. The energiser is kept in a shed with the main live wire run underground to a convenient fence post.



When you buy a block of land, the first thing you will want to do if it is devoid of trees is to plant some. It is a temptation to put in too many trees at first, on the principle that each year wasted is a year's growth lost. This is not necessarily so. Perhaps you can benefit from my experience in growing fruit and nut trees in a climate with wet winters and dry summers. Young deciduous trees were planted in winter and had a few weeks' rain while they established a root system, but sure enough, the rain stopped unusually early and the first summer was hot and dry. This meant hours of carrying buckets of water uphill to barely maintain life. The next winter I was able to set up the beginnings of an irrigation system and planted more rows of trees. The following summer was also hot and dry, a prolonged drought in fact. Our 'permanent' creek dried up, and we felt empathy with the sub-Saharan nomads as we siphoned water from a seepage hole. Nevertheless, as both the earlier and later plantings received irrigation it was obvious that we could have saved the first year's labour altogether. The later trees grew as much that year as the first ones did in two years. The only difference was that there were gaps in the hand-watered rows where young trees had succumbed.

If water is no problem, then maybe the trees should go in at the first opportunity? Maybe, but there are other snags. These can be summarised as competition and pests. The main competitors with young trees are grasses. Unless you prepare well before planting, grass will smother the trees and take a lot of effort to control. Pests are likely to appear in the form of goats, sheep, donkeys, cattle and rabbits, to mention a few. A year spent on fencing could be more profitable than planting unprotected trees, tempting though it is.

Many trees when bought are too small to survive in a paddock, so put them in a tree nursery while you organise the fencing and irrigation. The nursery can be a small rabbit-netted area near the house where you can keep an eye on them. I don't mean in pots, but in the ground, where they put on height and girth.

When planted out in the orchard protect each tree with a guard against rabbits. Wire netting guards are too expensive and slow to make in quantity. They also prevent close mowing. Netting and plastic irrigation pipes don't mix with mowers, slashers and brushcutters! The cheapest guard is probably a collar of sisalation (aluminium coated tarred

paper used to insulate buildings). The large roll is cut into strips tall enough to foil a rabbit (no pun intended), and wide enough to fold around the stem. Fold it with a single crease and staple the two edges together around the stem using an ordinary office stapler. This will last for two or three years. If you think a round of foil sounds expensive, wait until you price the custom-built tree guards.

What about planting trees near the house? Again, it is worth planning ahead. Often a house will have to be altered, or paths put in on a new property. Check where the water and sewerage (if any) pipes are. Trees of course should not be planted near house walls. Not only will their leaves clog gutters and be a fire risk, but their roots will alter the moisture balance of the soil causing subsidence and cracks, or will lift the foundations as they grow. Branches scraping on walls on windy nights can be a real nightmare. The main error people make is to underestimate how big and wide a tree will grow. Play safe by planting at least 15 metres away, and grow shrubs like grevilleas near the house.

So far we have mentioned new planting, but there are risks in building a house among established trees which are remnants of a recently thinned forest. Without their companions, these isolated trees are subjected to wind stresses they did not grow up with, and may snap or be uprooted.

Control of grass, irrigation, and methods of planting the orchard will be dealt with in a later article.

Handy Parsley

Try growing parsley in a hanging basket just outside the kitchen where it is convenient for the cook.

CRYPTIC CROSSWORD

Continued from page 56

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All we see or seem is but a dream within a dream.

Edgar Allen Poe

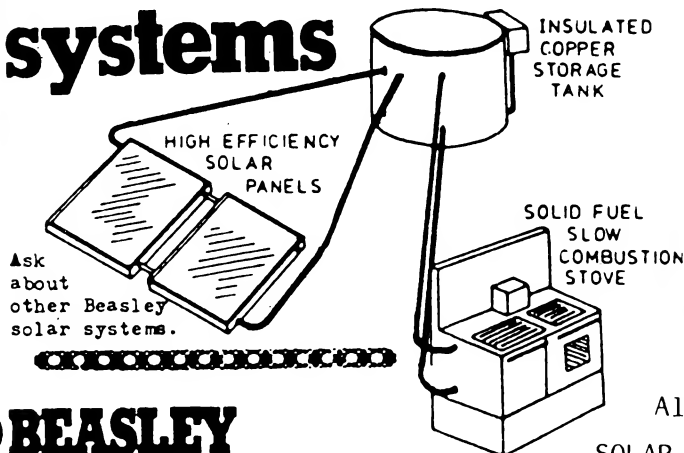
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Seed Saving — Tomatoes

by Michel & Jude Fenton, Seed Savers' Network Nimbin, NSW.

Grass Roots readers may feel very cosy in their sane environment far away from pollution and city political tangles.

If you feel you would still like to do more towards handing on a better place to live to the next generation, may we suggest you take up seed saving as a preservation programme? We would call it, as the U.S. National Academy of Science in Washington did: 'conservation of germplasm resources'.

In 1978 the academy reported that the only reliable method of preserving endangered species was in their natural habitat. In the case of fruit, vegetables, and other cultivated species this means your garden and orchard. Therefore gardeners can play an important role in the preservation of genetic diversity.

If you do not feel like leaving your land, animals, and plants to go saving the wilderness somewhere else, feel good because you can do your bit down in the garden.

Advantages

What difference does it make, whether you save your garden seeds or buy them from the rack? Adaptation, self reliance and enhanced flavour are just a few of the advantages.

VARIETY AND FLAVOUR

Although we are keen seed savers, we would not suggest you go overboard and plant only what you have saved yourself. There are some great little mail order seed companies locally producing, and locally owned. They often carry good old strains. And it is these older strains that have more flavour. So many people express dissatisfaction with the taste of hybrid vegetables like corn. They may be sweet, but they are insipid, lacking the flavour of the older strains.

The chances are that with the backing of your local seed bank and the Seed Savers' Network, you will pick up seeds unavailable commercially but with a superior taste and texture.

QUANTITY

Another good thing about saving your own seed is the enormous quantity you end up having to play with. The next year you can plant very thickly. When you thin out for the strongest you have already started selecting. When you use your own seed year after year your plants start showing their liking for their new environment, your garden: they adapt.

ADAPTATION

With a bit of practice, after a few years at saving your own seeds, it is likely you will end up with a tailor-made vegetable adapted to your area.

Fortunately some vegetables have the ability to adapt quickly; they become naturalized even in a couple of generations. e.g. wild onions in South Australia, purslane all over the east coast, New Zealand spinach (a native anyway) on the coast, fennel along railway tracks, plain parsley around Christchurch and thyme around Otago in New Zealand.

Generally it takes up to seven generations for a plant to adjust to its new environment. Its genetic make-up changes slightly until it reproduces true to type.

Imagine how well-adapted grains and vegetables are that

have been grown in the same area for years and years. A good example would be corn. In areas where corn is native (Mexico and Peru) its earliest cultivation is thought to have been 7,000 years ago. At the time of the Spanish conquest, there were fully adapted corn land races in the inhabitants' fields: thousands of diverse strains all perfectly suited to the little plot of land where they grew.

From the 1950's, many of these varieties have been replaced by hybrids pushed by U.S. aid experts. Consequently the diversity of corn in the world has shrunk and we have lost many strains best suited to a variety of growing conditions.

REGIONAL SELF RELIANCE

By growing plants adapted to your area, you will have achieved a greater degree of self-reliance.

Suppose that, for some reason you are cut off from the rest of Australia and New Zealand and have to survive on vegetables you can grow and save seed from. Very soon the garden content will change very much.

First of all, most hybrids will go after the first year if they are not sterile altogether. F2, F3, F4 etc. will throw back anything that your plant was made of so that you will end up with a mixed bag often not worth growing.

Secondly, not all vegetables that grow well in a particular area will reproduce well. For gardeners of the sub-tropics, all cabbages, cauliflowers, and brussel sprouts will do okay for one season but will degenerate if you keep the seed. They are plants which need to be bred in cool climates. Unless you have contacts in the south, you can very well forget about saving them. You will have to find a suitable sub-tropical brassica such as Chinese cabbages to replace them.

There are also limitations in cool climates. In the mountains of east France where Michel's folks kept their seeds, they could not keep bean seeds for more than seven years. These degenerated such that after just a few years they had to buy more from warmer areas. Presumably warm conditions are necessary for good reproduction.

Likewise, the successful harvest and care of onion seed is favoured by dry harvest weather. Maybe you know of other examples of plants which are dependent on particular climatic conditions for effective reproduction. By saving seeds, you discover what best suits your own area.

Tomatoes for Seed

Suppose you have some *Solanaceae Lycopersicum esculentum* (tomatoes) you think are worth propagating from: here is how to save their seeds.

Tomatoes are self-pollinated or nearly so. In their native environment, they are cross-pollinated by insects. The flowers contain both male and female parts (like peas and beans), so they do not rely on other flowers for fertilisation. They do it on their own, though they can be visited by bees especially if there is not much other food around. It is possible then that some tomatoes will be crossed (the Seed Savers' Exchange in U.S.A. estimates 2% will, if they are planted close together). If you grow more than one variety, a few yards between them will be enough to prevent cross-pollination.

SELECTING

If you are given a special kind of tomato and you would like to keep it the way it is, do not select only the largest and best. Mixing seeds from an early, a late, a small and a large would keep more diversity and therefore vigour in the strain. If you keep selecting only large ones you will end up with only large ones and the same goes to earliness and smallness.

Choose three tomatoes fully ripe at three different times from a virus free plant. This is important because virus can be passed on through the seed.

FERMENTATION

Squeeze the seedy pulp into a cup shaped container. You may have to make cuts in the tomato to extract this. The more highly bred tomatoes have several chambers (called locules). Primitive ones such as cherry tomatoes have only two locules making it easy to extract the seedy pulp. If you can't bear waste, use the rest of the tomato for cooking.

On the container mark what variety it is with permanent ink. Add a soup-spoonful of water to the seeds and stand the container in the back shed (it smells!) for three days in warm weather or five in cold weather. Do wash your hands in between handling varieties, as tomato seeds tend to stick to them. Fermentation is occurring when a foam starts forming on top. Make sure that you don't let them ferment too long or the seeds will start to sprout.

RINSING

The next thing to do is to get rid of the smelly liquid. Fill the container with water, allow the seeds to settle, and pour off the water. Repeat a few times then pass through a sieve and run cold water through to thoroughly clean the seeds. Now drain very well on absorbent paper, a wettext, or newspaper and let them dry in a safe spot. After three days in sunny weather they will be ready for storing

STORING

As with all seeds, the principles of storing are to keep them dry and cool. If you put them in an envelope in a glass jar make sure the lid is tight and has plenty of sealant on it. Seed kept under these conditions will last up to four years. If you put silica gel into the envelope also, your seed could last up to seven years.

At our gardens in northern New South Wales, we kept seeds from a dozen varieties this year, most of them from the Brisbane Organic Growers' Group seed banker Ron Charteris. An old friend also sent us 18 varieties, many pre-1900's that we intend to plant this spring, so we will have a wide range to choose from when deciding which types best suit our needs, at the same time doing a little to maintain the diversity in varieties of this plant.

For further information write to us at PO Box 24, Nimbin 2480 (SAE please).

GINSENG

by Jose Robinson, Wild Cattle Island, Qld.

Ginseng was considered a powerful healing herb as far back as 3000 BC. Chinese and Korean people have been growing this plant for 5000 years, and the exotic root has been much treasured. Once included among many attributes was its use as an aphrodisiac, but this was later discounted, because it was thought that it was only the human-like shape of the root which prompted this thinking. Nevertheless Chinese medical texts claim its efficiency against arthritis, cancer, gastritis, malaria, influenza, depression, insomnia, migraine and many other illnesses. Soldiers used it in battle to quickly heal wounds and infections. Chinese emperors considered that taking ginseng would prolong their lives. An old Chinese legend says that ginseng root was first created when lightning struck a clear mountain spring and caused a fusion of earth, water, fire and air. That is to say all the properties necessary for creation have been placed in the root.

Traditional Korean and Chinese experts argue ginseng is more of a preventative than a cure, although many extravagant claims as to its healing prowess have been made over the centuries. Its popularity has never declined, and many tests have been made in western laboratories in recent years. One European expert claimed after extensive experimentation that taking ginseng improved memory and learning ability.

Ginseng grows to approximately 75 cm in height. The plant has no particularly distinguishing features, though when mature it has tiny purplish flowers or clusters of red berries surrounded by five serrated leaves. The part of the plant which is used is its strangely shaped root. It is greyish-white and at maturity is about 8 cm long and weighs around 76 g. The

mature root has two main branches almost like a deformed carrot. The ancient Chinese people termed it 'manroot' because of its uncanny resemblance to the human form.

Of the two species of medicinal ginseng, one is known as *Panax Ginseng* and is native to Asia, the other is *Panax Quinquefolium*, native to north America. The north American ginseng was discovered early in the eighteenth century growing wild near Montreal. The USSR have a Siberian Ginseng (*Eleutherococcus Senticosis*) which is native to that country. Although it is a member of the same family, it apparently does not have the same medicinal properties. It is considered today's cultivated ginseng may not have properties as strong as the now almost extinct wild variety of earlier times, yet the root has never lost popularity as a healer.

The more expensive and apparently better quality ginseng root may be distinguished by its reddish colour, which is obtained by steaming the root before drying, while some poorer qualities remain a greyish white. The drying does not alter the tonic value. The root remains one of the most intriguing sought-after herbs in the world.

World-wide pharmaceutical factories have been using ginseng for many years, in liquids, tablets, capsules, teas, chewing gum, soft drinks and soaps. Ginseng has also been introduced into cosmetic preparations, toothpaste and sweets.

What can this powerful healing herb do for you? The proof of the pudding is in the eating. Try it and see for yourself!

(A couple of years ago I tried to grow ginseng in my green-house, but didn't have any luck. A full-sized ginseng root sealed in a Korean bottle washed ashore on our beach. It had probably been dried, though it looked fresh enough.)

GOING SOLAR GENERAL STORE

Here is our range of seeds for autumn and winter planting. Don't forget to add one dollar (for any number of packs) for post and packing, and to include a list of substitutes.

Send orders clearly marked: GOING SOLAR GENERAL STORE, 320 VICTORIA ST. NORTH MELBOURNE 3051.

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Persian Iris Hybrids	3.50
Walking Stick Cabbage	2.50

320 Victoria St. NORTH MELBOURNE 3051

Handy Hints From Sue

Dressmakers will do well to remember that needles and pins will never rust in a cushion filled with coffee grounds. Rinse the coffee grounds in cold water, spread on a sheet of paper and dry and then stuff the pin cushion.

A good cement for a cracked stove is made by mixing wood ash and salt in equal parts. Make this into a paste with cold water and fill the cracks when the stove is cold. It soon hardens and will last a long time.

PENPALS

My name is David Simmonite and I'm 10 years old. I like playing football, basketball, tennis and T-ball, going to movies and the beach and listening to music. I have a dog, a bird and two fish. I have an older brother and sister. I would like a male penpal around my age.

10 Janet St, FIGTREE 2525.

Hello, my name is Cassandra Hawkes. I am 8 years old. I live in the country and I go to a Steiner school. I like horses, sewing, gardening and swimming. I would like a pen friend around 8.

C/- BONNIE DOON 3720.

I am 16 and looking for a penfriend of any age. I enjoy reading, music, writing letters and going places. I'd appreciate any replies from either males or females.

Cheryl Sleber, Box 98, KEITH 5267.

Hi, my name is Greg. I'm 29 and enjoy music, bush walking and horses. I would like to hear from anybody anywhere.

G.J. Lliowarch, PO Box 205, WEST KEMPSEY 2440.

I am a 48-year-old grandmother and would like female pen friends. My interests are spiritual healing, family, gardening and healthy living.

Joyce, C/- MARYBOROUGH PO 3465.

Are you 7 years old and cannot find a friend to be your penpal? My name is Lisa. I love animals and collect 'My Little Pony' toys. My favourite colour is pink and I like school 'sometimes'.

Lisa Beaver, MS 848, WARWICK 4370.

Hi, my name is Tracey. I am 11 years old and I am looking for a female penpal between the ages of 10 and 12. My hobbies are collecting stamps, clowns, stickers and keyrings. I also love writing letters and having lots of penpals.

Tracey Smith, 30 Smith St, SEYMOUR 3660.

I am a 14-year-old girl who loves to write to people in foreign countries. My hobbies are horse riding, cricket, table tennis, basketball netball, good music, football and relaxation. I would prefer to write to a guy of 15-17. I am a brunette with hazel eyes.

Maryanne Baker, RMB25c Hogan's Rd, UPPER LANDSDOWNE VIA TAREE 2430.

Hello, my name is Cathy Nicholas, I am nearly 15 years old, and would like a male penpal.

Lot 83, Toodyay Rd, GIDGEGANNUP 6555.

Hi, my name is Sandra and I am 15. I am looking for pen-pals around my age. I enjoy roller-skating, tenpin bowling, swimming, boating, sewing and reading. Hope to hear from you soon.

Sandra Gibson, PO Box 156, LATROBE 7307.

My name is Alicia Simmonite, I'm 13 years old and in year 7 at high school. I like playing tennis and netball, going to movies and horse riding. My favourite pop bands are A-ha and Eurythmics. I would like a penpal with similar interests and around my age. Preferably female and in a different country.

10 Janet St, FIGTREE 2525.

Hi everyone, I'm 13 years old and I'm an Aussie. I like practically any hobby (including boys' hobbies), I'd prefer a boy aged between 13-17. So if you love letters, write and your letter will be answered.

Eileen Woolsey, 29 Arcadia St, ARCADIA VALE 2288.

I am a 20-year-old Ghanian, and I would like penpals from all over the world. My hobbies are travelling, visiting friends, collecting stickers, banknotes and albums, writing letters and exchanging gifts.

Doris Abena Darfour, PO Box 1031, ACCRA, GHANA, WEST AFRICA.

Hi! My name is Leiana, I am 12 years of age and my hobbies are riding horses, athletics and fashion. I am interested in a 12 to 14 year old to write to, female or male.

Lelana Kaminski, 23 Peterkin St, TRARALGON 3844.

Hi, I'm an 11-year-old girl. I would like a penpal about my age. My hobbies are sewing, reading, knitting, listening to music, swimming and collecting stickers. I love animals and have my own dog and share a horse with my little sister. I will answer letters from either boys or girls.

Jacquie Lister, C/- PO CLARENCE TOWN 2321.

Hi, my name is Debbie and I live in Canberra. I am 21 and married. My interests are animals, music and gardening. I would like to write to women only, any age, married or single. I will reply to all letters.

Debbie Braunton, 12 Pratt Rd, DUNTROON 2600.

Hello there! We are two sisters, Helen (13) and Ailsa (14). We are interested in peace and will give anything a go. We will answer any letters immediately. Hope to hear from you soon!

Ailsa and Helen McPherson, RMB 5 Gallagher Cres, WAMBOIN 2620.

Hi, my name is Joanne, I am 11. I would like a penpal aged 11 or 12. My hobbies are making clothes, making cakes, knitting, riding a horse and macrame.

Joanne Evans, 20 Km Casino Rd, GRAFTON 2460.

Hi! My name is Melaine, I usually get called Laine and I am 11 years old. I would like a pen friend aged 10 to 12, a girl preferably from Queensland or Tassie but anywhere would do. I'm nuts about horses and dislike AC/DC. I collect stamps and toy horses and have about 20 toy horses and over 200 stamps. All letters will be answered.

Melaine McQuillan, 151 Clayton Rd, NARROGIN 6312.

Hi there! My name is Chris, I am 17 years of age, and would like a female penpal aged 16 to 17. My hobbies are bush walking, bike riding, sports, computers and many more.

Chris Cole, PO Box 920, DANDENONG 3175.

Hi, my name is Katrina Davies and I have lost the addresses of my penpals, so could they please write back and include their addresses. Sorry if I missed out on sending you Xmas cards.

Box 769, MT GAMBIER 5290.

I am a 25-year-old Filipino woman, single and a trained home economics teacher. I would like to correspond with an understanding, caring gentleman, not someone shallow and irresponsible.

Merlan B. Sallinas, 10-5 G. Ramirez Drive, Airport Rd, TAGBILARAN CITY, PHILIPPINES.

Hi, my name is Paul Perry. I would like a penpal aged 12 to 14. My hobbies are stamp collecting, motor bike riding, swimming, fishing, reading, and looking after animals.

Clarke Island, C/- PO, GLADSTONE 7254.

My name is Sampson Omari. I am 27 years old. My hobbies are Bible teaching, music, reading the Bible and literature, travel and exchanging of gifts and more. I would like to exchange letters with ladies, gentlemen, boys and girls not less than 15 years of age all over the world. I will reply to any letter I receive.

Kwahu Ridge Secondary School, PO Box 71, OBO-KWUHU, GHANA, WEST AFRICA.

My name is Kwame Kissi at the Institute of Languages. I have completed my advanced level (GCE). I am learning French, Spanish and English. At the moment I can only read and write French and English. My hobbies are sports, music, reading and correspondence. I am single 25 years old and also like travelling.

Institute of Languages, PO Box M-67, ACCRA GHANA.

Hi there, my name is Christine and I'm fun loving. I'm twelve years old and my hobbies are: playing my tenhorn in the town band, collecting things, drawing, writing, reading and learning German. I'd like a boy or girl penpal of about 12. I will accept letters from all over the world.

10 Alamein Ave, WARRACKNABEAL 3393.

Hi, my name is Janet Bancroft. I am 11 years old and I would like to have a penpal boy or girl age between 10 to 12. My hobbies are judo and softball. My favourite television show is Neighbours.

10 Elizabeth St, BEACHMERE 4510.

Down home on the farm

by Meg Miller



'I'm having an ace time Megg — you wouldn't believe how much I love it.' Sunshine is clearly enjoying boarding school, although it hasn't been without its patches of homesickness. We were anxious, the first few days, thinking that she might wake up one morning and decide it was all a hideous mistake. We knew she had felt progressively more anxious as the first day drew near, fearing that she wouldn't make friends or would find the boarding house cold and regimented and not and not what she wanted at all. Those initial phone calls were terribly important to us, an eagerly awaited source of reassurance and thankfulness. Parents inevitably want to do what is right for their children, but mostly it's like feeling along in the dark because it's not until the situation is a fait accompli that the appropriateness of action can be evaluated.

How wonderful to be able to say then 'No, it's not what Sunshine expected, it's even better!' When I rang at the end of the first week, my heart was in my mouth. After all, it was I who had cried pitifully all over my mother at the age of nineteen when I first moved down to Melbourne, an age and stage when I was dying to try out my wings. But the bubbling voice of my chicken on the other end soon assuaged any fears. 'You should have been here the first night, it was terrific. First Miss So and So the house mistress kissed us all goodnight and then Mr and Mrs Houseparent came in separately to tuck us in and kiss us goodnight. We were wondering who was going to come next!' Three goodnight kisses the first night — and I had been worrying?

The boarding house is a warm and caring place that not only espouses many Christian principles but seems to be able to bring them out in most of the children. And there's a degree of commonsense and flexibility in the running of it, which doesn't suppress individuality but works to put emphasis on integrity and maturity rather than just relying on regimented rules. 'It's good for me, I have to be organised to catch the bus in the morning, to wash my clothes each week (if you hang your clothes straight from the dryer they don't need ironing!) and having prep each night means I can't put things off!'

Despite how exciting and satisfying this new life is, home has remained the pivot for Sunshine and she is unquenchable in her thirst for details of our doings. Just by chance, David and I realised we had been delivering the same animal reports to her over the phone and that both were being enthusiastically received despite the repetition and the fact that they were only a few minutes apart. Letters from home are eagerly sought, and I was gently reminded of this after sending an urgent parcel — containing a forgotten toothbrush — with just the word *duffer* in it. 'There was no note in it' came the anguished cry, all sense of gratitude for such a vital commodity forgotten. 'But we'd only dropped you off at school a few

hours earlier', I said 'what was there to write about?' That was beside the point and I have learnt how to include a few lines of news regardless of what forgotten item it is I'm sending.

There have only been two home weekends so far, which have been rather overwhelming because there has been so much each of us has wanted to say or do. The most recent one had the additional bonus of being a long weekend and provided much needed time for Sunshine to catch up with old school friends, weed her garden, clean out the quails' cage and just lie around and spoil the kittens silly. Somehow I seem to have spent most of these weekends sewing name tags (yes, from Name Makers in GR!) on obscure items like socks and knickers. I keep thinking that surely I've named every item of clothing in the house by now, regardless of owner. It just wouldn't surprise me to find that I had in fact been doing that!

I don't know if it's age or because he is missing Sunshine, but whatever the reason David has suddenly mellowed towards cats after years of hounding and harassing them. I came inside one recent hot afternoon and found him catnapping on the bed, mouth open, arms and legs askew and accompanying him not one but two male cats, their mouths open and bodies in almost identical positions. Talk about an old men's home! He's become very kindly, in fact indulgent towards them — but not without the occurrence of one or two little incidents which have helped establish this mutual respect. I'm not sure if I dare mention this, perhaps if I'm subtle it will slip by unnoticed. The cats, by certain actions, indicated they were capable of extremely vindictive behaviour if mutual rapport wasn't established. All young cats make mistakes in the house but surely it wasn't a coincidence that items of David's clothing were chosen as receptacles for these deeds? Suni and I smugly suggested it was Karma from past intolerance, but whatever it was the point was taken and man and beasts have happily co-existed ever since.

In fact so successfully have David and the cats been getting on that I'm the one now feeling uneasy and searching for limits. They have been allowed to come inside and run riot because the chooks have proven such a hassle at feed time, by blatantly pecking meat right out of their mouths. It seemed easier to leave a little food out in the kitchen and so gradually the cats have 'moved in'. To facilitate their access, David has been leaving the wire door ajar, however I fear this good life is about to cease. As I staggered into the kitchen for my hot lemon juice this morning, a shocked voice announced 'I've just found a chook in the lounge room'. Even I was horrified — that really is the limit! One of the 'ugly sisters', Sunshine's pet Dorking chickens, had worked out where the cat food was, thrown caution to the wind and gone to find it.

I remember whilst growing up hearing half-whispered

comments about a nearby farming family who 'kept animals inside'. This was said with the same distaste and revulsion that people use about AIDS today, and I recall staring at the children in church hoping for external evidence of this shameful way of living. They were a large family, struggling to make ends meet on a soldier settlement block, and because their clothes were more shabby and mended, and because they looked scruffy, they were never really accepted among the Christian congregation at the church. I grew up knowing that if I didn't do something about my room or untidy habits, I would be doomed to a similar life. Sorry mum, you tried hard, it was just the material you were working with! Suffice it to say my conventional brother, living in outer suburbia, frequently arises to find his son in the kitchen with a couple of chooks. I'm sure there are worse ways to go in life — but the cats and those ugly sisters must go.

Now that the cooler days of autumn are here, it's a pleasure to spend part of the weekend in the garden which goes to rack and ruin in summertime. Our limited water supply doesn't allow us to grow much, and the brave plants that do survive are attacked by the chooks and guineas. Not only do they eat or scratch the plants up, they spend hours dust bathing and cooling off in the damp soil. Some days the traffic toing and froing looks like Bourke St. and I see that Sunshine has her precious plot strategically covered with pieces of wire netting. I one-upped the birds this summer, I established a garden out the back in a spot they're not familiar with because it's so out of the way and well fenced.

I managed mediocre crops of some of the summer vegies and have several winter species well advanced, but being a smallish plot it has its limitations. I read recently that hens isolated from their flock are unable to recognise members from it after two weeks. I wonder if this memory loss could be extended to gardens and if I locked up all the culprits for a few weeks, would they leave the carrots and parsnips to come up in peace instead of pieces?

Autumn means cleaning out poultry sheds, a bugger of a job but rewarding if you have an eye for a good load of rice hulls and manure. I deposit at least a dozen loads on various garden beds and the rest goes into bags for my father or visiting gardeners. But the garden is in for an extra treat this year as David has a couple of young bulls and the Highland steer stalled in the big shed. Their bedding, thick with the gifts of nature, has needed renewing every other day. Several loads have gone onto empty beds and there is plenty more waiting to be moved. I think David has enjoyed having the boys here and though one fellow goes back to the farm tomorrow, there'll still be two for him to look after. The chooks provide an effective break from the intensity of publishing for me and the boys have been doing just that for David. Mucking out and off-loading the contents in the garden provide a physical balance for him, but by the time he's carted the heavy offerings in I haven't had the heart to ask him to spread it around.

I've not been looking forward to it myself but have actually had cause to be grateful to those same chooks I was maligning a paragraph ago. Their enthusiasm and effectiveness in tackling such a mammoth task has been inspiring, they've done a wonderful job, spreading straw and manure everywhere.

If you keep some livestock and a household pet or two, plus a garden, there's not time for much else in life after meeting the commitments of a full-time job. What between my birds, which reach astronomical numbers at this time of year, and the stock over on the farm, we're both tied down. We should be thinking seriously of house designs and planting fruit and nut trees but by the time the basics are done we're both too tired to put any energy into long range plans. Maybe as winter draws nearer and the open fire is going, we'll make time over scones and honey.

Meanwhile, over on the farm, the rams are enjoying an avid social life. Poor fellows, they spend most of the year segregated in a paddock on their own and so save themselves up for this brief sortie. Prior to joining this year, the ewes have been fed lupins to put them on a higher level of nutrition and thus increase their fertility. Drysdals are known for their high twinning rate and the added nutrition from the lupins helps tap this potential. Of course, the ewes will need supplementary feeding after lambing — pasture growth in our climate is slow and an additional mouth to feed is a significant drain on the mother. More lupins will be fed then because they're known to boost milk production an extra 20-30 per cent. The Drysdals have proved a successful breed to run and we've found the twice yearly wool cheques a lifesaver.

Our small herd of cows have commenced calving — earlier than other years — so we can sell stock early in the new year. Being a dairy breed, they find the climate on the farm too cold and lose condition over winter, so we have to manage them with the market in mind. New year is an ideal time for selling as by then the grass is just starting to dry off; being higher country it is much later than where we live now. We recently sold half of our steers, plus a few wethers we hadn't sold as lambs last year, and the other half dozen steers on the farm will have to wait until next year when they've grown out.

Rushing around feeding birds and watching David plan and organise his cattle and sheep with Lance, who helps him, I sometimes wonder what life would have been like if we hadn't moved to the country 17 years ago. My direction then had lain in textile crafts and David had been a successful folk singer. It's fascinating to surmise about the sort of life we would have built in the city — I'm sure it wouldn't have included chooks in the lounge room, mice in the kitchen cupboards and a possum in the chimney. I think of my contemporaries of that time and envisage the comfortable and oft-times predictable lives they have built. The paths we each set out upon in life don't occur through chance surely, the challenges we set ourselves, the people we meet. I occasionally ask myself why I'm doing all this, living in an old house, working long hours at the office then heading out to spend a few more feeding scatty birds and shovelling manure. Some days I think I'm mad, on others that it's the only way to live. I know with more surety that living with a few hardships, in the relative isolation and faced with the monotonous regularity of rural tasks, I've been able to develop my inner world to a depth that has made me a far nicer and more understanding person. It may not bring material riches, but it has and does bring a wealth of gifts money cannot buy.

GRASSIFIEDS

PROPERTY FOR SALE

NEW SOUTH WALES

SOUTHERN NSW — 1½ hours from snow-fields, 1 hour to coast, 2 hours to Canberra. Excellent fishing minutes away. 85 acres, with 15 acres cleared and fenced, balance natural bush with tracks. National forest on 3 sides, very peaceful. 1½ km to neighbour, 7 km to general store & PO. 3-B/R WB cottage, freshly painted inside and out, very large fireplace, gas cooking & hot water, woodstove, kero fridge, phone, wired for 240 V generator. 5000 gal. concrete tank with permanent spring water, sheds, pig pen, chook yard, 5 new chook sheds, 30 young nut trees (mostly walnut). \$35,000. Ph: 0648-820-30.

58 ACRES, ½rd cleared, the rest beautiful bushland bordering Yellow Pinch dam. 9 miles to Merimbula beaches. Electricity, telephone, building permit. 2 access roads. Priced to sell. Ph: 0649-49-267.

ABSOLUTE DEEP-WATER frontage — tree studded undulating 40 acres. Ideal retreat, large colonial-style timber and rock house, 3-B/R, loft, 30 x 20 ft lounge, kitchen dining, bathroom, H/C water, septic, solarium. Established orchids, vegie garden, generator and solar power, unlimited water, outhouses, sheds and yards. \$93,000. Ph: 065-507-585.

100-ACRE FARM for sale 30 km from Kempsey, bordering Boonanghi state forest. Permanent creek frontage with very fertile flats. 4WD access from tarred road. Property has some arable farmland with own mountain for great views of whole valley. Perfect spot for country dwelling. Power available. \$34,000. Ph: 02-817-2022.

UNDULATING FERTILE 9 acres, comprising 4 lots. Mostly cleared paddocks, bordering creek. Suitable for farm, orchards, or weekend. Several ideal north facing homesites. Secluded, temperate Araluen Valley is a Shangri La 1¼ hour drive from Canberra (sealed). One hour Moruya. Alternative farms in area. Telephone and power handy. Price \$38,000 neg. Ph: 062-974-468.

NORTHERN NSW — Tabulam, 100 acres partially fenced, uncleared, spotted gum/ironbark, all weather access. Numerous dam and building sites, soil suitable for mudbrick, unlimited timber on hand, secluded yet many settlers are succeeding in the region. \$15,000. Bob Roden. Ph: 067-784-964.

NAMBUCCA VALLEY, north coast NSW, 7 miles SW Bowraville. 6.861 hectares approx. 17 acres undulating. Ideal sub-tropical fruit, good soil, 2 permanent dams, good road, school bus at gate, power and phone available. Beautiful beaches at Nambucca Heads. \$39,000 ONO. Ph: 065-647-158.

BEAUTIFUL BELLINGER Valley house, 30 squares on ¾ acres. Large entertaining areas, 3 bedrooms upstairs, large granny flat downstairs, 75 mixed fruit trees (many tropical). NE aspect, 5 minutes walk to town, suit hobby farmer. \$89,500 ONO. Ph: 066-551-729 owner.

ABSOLUTE BARGAIN 4-B/R 2-bth full brick, passive solar homestead on 25 ac Lachlan river frontage near Cowra. Design features include open fireplace, cathedral ceilings, slate floor, pine kitchen, large pantry, french doors, paved verandahs, grape pergola bbq area, carport, workshop & store room. Land features long frontage to trout stream, 17 ac river flats, 2 dams, feed shed and yards. 30,000 gal. water tanks. House is low maintenance. Ideal retirement. Excellent soil. Flood free. Transferred so must sell. \$139,000. Extra 19 ac, \$30,000. Ph: 067-224-008. PO Box 528, INVERELL 2360.

NORTHERN RIVERS, Hogarth Range — 10 acres 30 km Casino. Frost-free basalt soil, grow anything. Spring-fed dam, beautiful views. \$25,000. Also available 100 ac, 3-B/R house 60 x 30 shed, red black soil \$120,000. 85 ac rich undulating country 1-B/R cottage open fire \$85,000. Vendor finance half deposit 5 yrs 12% pa. Ph: 066-637-151. Keith Strain, YORK-LEA via CASINO 2470.

DOYLE'S RIVER near Elands — 247 acres mountainous, timbered, permanent stream. Includes 33' bus with motor and annexe, shack, tin shed, combustion stove and more. Elands has alternative medical centre, food co-op, good school. \$50,000 or will sell half share. \$25,000. B. Harkin, 3/163 Dangar St, ARMIDALE 2350.

360 ACRES FAR NORTH COAST NSW (Upper Clarence Valley) 200 metres above sea-level, well-timbered in lovely valley with superb views. Annual rainfall 1200 mm. Two houses, double garage, large sheds, ex-dairy (has been used as dwelling). 3 dams (2 reticulated for irrigation), 82,000 litres tank storage. 500 blueberry bushes with gravity irrigation and fertiliser injector with large scope for expansion. 120 orchard trees — wide variety fruit and nut. Bitumen road, school bus, electricity and telephone connected. Primary school 7 km, hospital, secondary school etc. 19 km, Brisbane 2½ hours. Only family reasons for sale. \$160,000. Ph: 066-653-214.

BOOROWA, 1¼ hours Canberra, edge town, north aspect — 3 acres. Adobe house, open-plan kit/liv. area, 2/3 B/R, stained glass windows, tiled kit/bath, rest carpet, S/C stove, gas bench-top, gas fridge, photovoltaic 12 V power, 240 V generator, dam, pump, irrigation system, drip-fed orchard (30 trees), garden shed. Ideal situation as nursery/market garden as district is developing. \$95,000 ONO. B. Hunter, 'Nomad's Rest', BOOROWA 2586. Ph: 063-853-495 (messages).

MID NORTH COAST. We have beautiful 200-acre property for sale, nestled in the Macleay Valley, 59 km from Kempsey. Farm has good creek flats, rising to heavily timbered mountain with spectacular views. Predominant 'bush' setting with about 45% cleared, with permanent creek frontage and deep swimming holes. Original settler's hut still standing on property, making an ideal temporary rustic dwelling. 'Country' road access & power available. Very secluded & tranquil spot. GR neighbours. Asking price \$69,000. For more info, or to join us for a camping holiday/inspection, please ph: 02-815-557.

SOUTH COAST Merimbula area. Large functional home, surrounding verandah, on 25 acres. ½ cleared fertile land abutting grown bushland. Includes fencing, spring, dam, power, phone, slow combustion, bitumen road, extra cabin, cow-yard, poultry shed, fruit trees, vegie garden. Livestock and tractor neg. 10 minutes beaches. \$150,000 ONO. Ph: 0649-56-545.

NYMBOIDA, NORTH COAST — solar powered 12-240 V near new 3-B/R home with s/out and 2 mezzanine floors. Front and back verandahs. 27 acres selectively cleared large dam and perm. creek with large rock pool. Plenty wildlife. Plenty privacy with good access. \$79,000. Ph: 066-494-223.

BORDER RANGES NATIONAL park, Mebbin state forest, vicinity. Almost 7 acres; small W/B dwelling. 3 springs, rainwater tanks, lagoon swimming. Frost-free, sunny, NE aspect. Rare tropical fruits. Fully fenced. Outstanding horticultural potential. Panoramic unbelievable views. Rates only \$206 pa. Owner transferred. \$43,000 negotiable. 'Earthaven', PO Box 332, MURWILLUMBAH 2484.

NORTH COAST, BELLINGEN 10 miles — 36 acres, long river frontage, swimming holes. Council approved 3-B/R timber & river-stone house, septic, power, phone, school bus. 600 bearing citrus & peach trees, fenced, machinery & animal sheds. \$130,000 neg. Ph: 066-551-898.

TERANIA CREEK — ½ share 105 acres. Permanent creek, all forest. Beautiful isolated block backed by state forest. House needs building application. \$30,000. Len Eagles, Pine Ave, MULLUMBIMBY 2482. Ph: 066-842-510 AH.

YOUNG DISTRICT — 1 acre. Elect. phone connected, shed building permit, 18 miles town. School bus. \$4500 neg. Ph: 062-921-130 or write 12 Howson Pl, RICHARDSON 2905.

292 ACRES peaceful valley, beautiful stone house. S/C stove, septic, gas fridge, generator, power available. Half pasture, half native forest, 8 dams, creek, 11 paddocks, C/yards, runs 60 cattle. School bus, 5 km Copmanhurst, 35 km Grafton, sealed road. \$95,000, consider exchange. Ph: 066-473-235.

FORTY ACRES near Kempsey. Lightly timbered, gently sloping land and alluvial creek flats, 25 km west of Kempsey. Fully fenced. Permanent creek with 10-ft deep swimming hole. Permanent dam. Fenced into 4 paddocks. 1-B/R timber cottage with wood stove, water, electricity, phone. \$50,000. Ph Roger: 062-416-767.

BEGA VALLEY HISTORIC Candelo township with monthly market and arts centre. 1.2 acres comprising 2 town lots adjacent reserve/creek. \$10,500 for both. Ph: Pixie 0649-32-262.

TAREE AREA — 587 acres, 40% rainforest, balance open forest. Excellent soils, views, river, creeks. 10 km village of Comboyne. \$79,000 or 4 shares at \$18,750. Ph: 065-534-028.

GRASSIFIEDS

PROPERTY FOR SALE

NEW SOUTH WALES

MID-NORTH COAST — environmentally aesthetic solar-built home on 34 acres amongst tranquil balance of timber, pastures and orchards. Frost free; sealed road; 7 minutes from Bowraville; 20 minutes ocean. Over 100 established fruit trees. Large dam, creek and flats, views, privacy, well maintained. \$85,000. Ph: 065-647-578.

LEGUME, NSW, near Killarney Qld, ex-market garden, 14 acres, rich basalt loam, perm. crk irrigation, 3-B/R home with septic, lge packing shed, cement floor, elec., daily trans. Bris, approx 160 km. \$70,000. Bruce Johnston, PO Box 6, BONALBO 2470. Ph: 066-651-196.

KILLINGWORTH — 15 km west Newcastle NSW. Renovated hotel, 8 bedrooms upstairs, large lounge, library, study, guestroom, TV room, dining, walk-in pantry, large double block, quiet country surroundings. Suitable residence for communal living up to 15 people, for shops, gallery, museum, training centre, old style restaurant, or boarding house. Contact Stuart 049-596-028, Brownell 049-753-083.

NAMBUCCA VALLEY — 3-B/R old style neat timber cottage. Picturesque hilltop setting on five acres with 360-degree river valley mountain views. Bull-nose verandahs on 3 sides. 10 minutes to Bowraville, school bus at gate. Irrigated blueberry plantation, tractor, slasher, carryall, WIWO. Suit couple seeking country comforts and supplementary income. \$84,000. Ph: 065-644-040.

GOULBURN AREA, Windellama — 100 acres, bush block, \$44,000 ONO. 60' x 40' shed, could be converted to dwelling. Good dam, new double garage and carport. Good access. Telephone, elect. available. 046-250-004.

QUEANBEYAN (20 min Canberra GPO) house block north-facing, fenced 2 sides, many young fruit trees, berries, natives, vegetable garden, strawberries, large shed suitable glass-house. passive solar house plans available. \$33,500 freehold. Ph: 062-492-888. Tina, CCE, GPO Box 4, CANBERRA 2601.

19 AC FLOOD-FREE Lachlan river frontage homesite near Cowra & Wyangala dam. Cleared arable land, grow all temperate vegetables & fruits. Beautiful views. Peaceful but not isolated. School bus. Grass Roots neighbours. \$30,000. Ph: 067-224-008.

80 ACRES lovely bush on main road, power and phone available. 5 min. drive to school and shop. Land between Drake and Tabulam. Great area for alternative lifestyle. \$25,000. Ph: 02-797-8062.

BOMBALA RIVER FRONTAGE — 114 ha 283 ac. Power, phone, schools close, 2 large sheds. Peaceful valley, good timber, springs, good fishing, soil good for agriculture and mudbricks, NE aspect. Generous vendor finances. \$58,500 neg. Ph: 02-681-1646.

KEMPSEY MUDBRICK HOME, beautifully built pine clad cathedral ceiling, unique atmosphere. 25 acres undulating, lots of trees and kookaburras, 26 km from Kempsey. 2 dams, guest cabin, shed, fully fenced, phone, electricity, gas stove. Land suitable for cattle, horses, goats, also vegetable growing (frost free). \$64,500. Ph: 02-633-9942 AH or write 58 Hassall St, PARRAMATTA 2150.

NYMBOIDA — 70 acres 35 mins from Grafton, 10 mins to village with small school. Partly cleared, rest forested hills. 5 acres of loamy creek flats, dam and comfy cabin. \$35,000. Debbie Newall, RMB, NYMBOIDA 2460. Ph: 066-494-216.

HALF SHARE IN 100 acres. Not subdivided. Beautiful rainforest with some cleared sloping land. Permanent creek, 4WD driveway. Sturdy dwelling. 4 rooms/bathroom. Many fruit trees. Only ½ hour from Murwillumbah, Northern NSW. \$30,000. If interested write to Chris Cahill, PO Box 249, CASINO 2470.

FARMLET, N. TABLELANDS. W/B home on 16 acres, separate lounge, family room, kitchen dining alcove, 3 bedrooms, bathroom, separate shower room. Sub-divided 4 paddocks. Watered by creek and dam, fencing in good order, large shed/workshop area, pig sties, new stockyards. 15 mins town. Ideal retirement or small stud. \$90,000. Ph: 067-343-518.

CHURCH, 50 YRS OLD, solid rosewood interior, all original. Phone, power, water, on ¼ acre in small mountain village, 40 mins from Coffs Harbour. Walk to school, shop/PO. \$40,000 neg. Ph: 066-545-375. N. Dixon, C/-PO. LOWANNA 2450.

PAMBULA, NSW NORTH COAST — 40 acres bush block including 6 acres cleared. Very secluded, surrounded by Yurammie state forest. North facing, permanent creek with crystal clear water, close to beaches. No power or phone. Price \$30,000 neg. Ph: 02-856-708.

NORTHERN NSW — secluded bush block for private sale. 45.42 Ha (112.5 acres) superb mountain country — permanent Plumbago creek. Beautiful views — total privacy, well timbered. 20 km to town of Tabulam. \$19,500 ONO. Enquiries contact PO Box 56, TABULAM 2470.

UPPER EDEN CREEK near Kyogle: 240 acres rainforest regrowth, valley and gentle slopes. Creek access. \$44,000. Apply to Rainer Taeni, BARKERS VALE 2474. Ph: 066-897-231.

OVER 6 FERTILE acres. Solid cottage, electricity, phone. Dam, tanks, town water available. Freehold Wallangarra, Qld. Asking \$28,500. Currently flower farm. Ph: 066-541-696 AH.

**DEADLINES: GR 61 — APRIL 24TH
GR 62 — JUNE 26TH**

EAST GIPPSLAND — small 3-B/R home on 5 acres (2 titles) permanent creek frontage. 2 km shop, PO & school. \$59,000 neg. Ph: 0649-21-848 or write Mr I. Dolan, PO Box 551, BEGA 2500.

51 ACRES RAINFOREST & Aust bush. State forest 2 sides, perm. creek, very secluded with log cabin dwelling, solar power, water, 4 dams, 350 fruit trees, drip watering system, tennis court. Easily self supporting or ideal retreat, 40 mins. Port MacQuarie. \$55,000. Ph: 065-833-527.

EDEN AREA — 3 x 40-ac bush blocks with creek access in nat. park/state forest country — lakes, rivers, beaches from Merimbula to Mallacoota accessible. Not much private land left here. \$21,000 each. Ring: 047-841-020.

ENVIRONMENT — small acreage tree-covered lots in Clarence Valley beside coastal national park. Town water, power, sealed road, phone. Low-cost house and land packages to suit your budget. Ph: 066-452-637.

ELLANGOWAN, 22 km Casino, 46 km Evans Head — 23 acres. Nice slope, good pole timber, permanent dam, power next door. \$19,000, no offers. Ph Col: 066-641-304.

QUEENSLAND

SUNSHINE COAST QLD — 6 acres, attractive family home set in magnificent forest setting. Quiet established retreat with 2 acres of cleared land. Over 100 fruit trees, 38 varieties, established 5-10 years. Above ground pool, solar power, large rich vegetable garden. Rainforest stream winds through the valley and is close to the land. Shops & beaches are close. The home is surrounded by spacious verandahs, tree ferns, palms and shade trees, has a lot of red cedar windows & cladding (and also growing) is two storey with 3-B/R, an office, pantry, underground cellar, large lounge & kitchen. The main B/R upstairs has excellent forest views, large picture windows and spacious private verandahs plus a huge built-in wardrobe. Sheds, carports equipment, too many features to mention. After 9 happy years, work commitments require us to move. Inquiries invited. \$52,500 sacrifice. Peter Heibloem, Box 81, YANDINA 4561. Ph: 071-467-786.

STANTHORPE QLD — 50 acres fully fenced, power, phone, 30 acres cleared, 3-room cabin, chook runs, cow paddock, large shed. Some vendor finance available, urgent sale, \$40,000 ONO. Ph: Larry Smith: work 076-641-188, home 076-641-334.

2 ACRES, fully fenced. House site, mini rainforest. 1 acre small crops. Irrigation, pump, etc., ¼ acre citrus. 16' caravan, shed, shade-house, fully stocked. Good lawns, 20 beehives, 4 goats, rainwater tank. Nearby primary school and high school bus. 36 km Gympie, Qld. \$18,000. G.L. Barrett, 115 Trotter Rd, GLENWOOD 4570.

\$12,500 BUYS Gympie 5 acres. Good views, soil. Quiet, handy position with services. Partly treed, fenced. Enquiries: 071-487-532.

TWEED VALLEY — 3-B/R timber house in excellent condition. Town water, power, 5 minutes to school, shops. Views to Mt Warning and scenic rim. \$38,000. Ph: 075-384-832 AH.

GRASSIFIEDS

PROPERTY FOR SALE

QUEENSLAND

ISLAND RETREAT, Moreton Bay Qld — 2-B/R house, 42 pchs, estab. garden, fruit trees, good bore, pump, large workshop, close to water, own mooring jetty. Close to schools, good transport mainland. 240 V power. \$41,000. Ph: 075-491-265. Box 45, LAMB ISLAND 4165.

GYMPIE — secluded 57 acres freehold hilly bushland; small A-frame house on slab. State forest 3 sides. Wildlife, views, privacy, phone, solar power, inverter, concrete tank, wood stove, hot water, shower, cupboards, permanent dam, many fruit trees. Easy access, 11 km south of Gympie. \$65,000. Ph: 02-476-1149.

TULLY, NORTH QLD, handy Cairns — land 5.7 acres fertile soil, grow anything. Permanent running creek, irrigation license. Suitable barramundi farming. 10 mins from Mission Beach, overlooking Dunk Island, handy Great Barrier Reef. P. Casey, PO, LOWER TULLY 4854. Ph: 070-669-354.

SUBTROPICAL ISLAND — high block, sea, ocean views, deep avocado soil, abundant u/ground fresh water (30 feet), frost-free, fishing, prawning, crabbing, boating, commute to Brisbane, electric train. Deeds in hand. \$15,600 ONO. G. Stevens, 114 Stones Rd, SUNNY-BANK 4109.

NANANGO SHIRE, Qld Brooklands Rd, BROOKLANDS. 5 acres level, good soil. Freshwater creek, permanent 20 x 20 ft steel shed with concrete floor, rainwater tank on stand. Value \$15,000. Harry: 071-955-762.

MARYBOROUGH, QLD — 43 acres bush land setting 6-y-o 2-storey 3-B/R house. Solar hot water, slow combust. back up. Organic vegie garden, 2 dams, school bus outside gate, phone, power, lots more. \$80,000 negotiable. For more info and photos ph: 047-536-536

NANANGO peaceful 17½ acres red soil, 3-B/R, Besser block home 2 yrs old, tiled bathroom, stables, yards, 30 x 15 ft shed. Fully fenced into 4 paddocks, established vegie garden, dam, power, phone connected, panoramic views of mountains, only 4 km to town and all facilities. \$65,000. Ph: 071-631-864 or write PO Box 151, NANANGO 4351.

BEAUTIFUL SUB-TROPICAL block near Bundaberg — 40 lovely level acres of good timber and large ferns. Creek runs across block. Power in 1987. Rates \$120 pa. School bus every day. 20 mins from Rules Beach. \$24,500. Ph: 07-351-3133.

BAUPLE — 40 acres standing timber, joining state forest. Power available. 30 mins to coast. \$30,000. Ph: 071-292-104.

BEAUTIFUL HAND-BUILT house nestled in rainforest between Ravenshoe and Millaa Millaa, Qld. Tenants in common with one tenant. Reluctant sale. \$65,000. Ph: 065-686-640 AH.

BRISBANE ACREAGE (2.3), Queenslander style solid brick and timber split level 3-B/R home. Mountain views, lake setting, 2 dams, fully fenced. Lovingly established trees form natural curtains for home. Tank water. Suit cropping, machinery, stock, artists. 30 minutes to city — car or electric train, 50 minutes Caloundra. \$89,000. Ph: 08-338-1008.

175 ACRES partly fenced; 3-B/R house freshly painted, 2 dams, well; 10 miles Texas. Phone, school bus, power, generator, 20 cross-bred heifers, tractor, machinery. \$85,000. Ph: 076-531-232.

TOTAL SECLUSION — 77 acres of rain-forest, 4WD access only. Pole frame home ½ finished. Magnificent views. 1½ hrs to Brisbane. \$52,000. Ph: 075-643-754.

STANTHORPE, nearby Girraween National Park. 20 acres partly cleared, handcrafted cabin of pise, stone and timber with slow combustion stove, wood heater, solar electricity, telephone, etc. 30 fruit and nut trees — many bearing. Bird life abounds in peaceful surrounds atop the Great Divide. Ph Ross: 066-845-423.

CENTRAL QUEENSLAND — stone and cypress furnished house, outbuildings, dam, organic garden, 2 toilets, showers, 12-V panel. 240-V generator. Small incomes, 4000 gallons tankwater. \$32,000. Sapphire claim available. 079-854-217.

23½ ACRES, timber A-frame, electricity, phone. Panoramic views of Sunshine coast. Bore water, private, 20 mins from coast, teeming wildlife. frost-free rich soil, organic garden, good alternative neighbours. A steal \$75,000. Ph: 459-657.

BAUPLE — 30 mins Gympie — 40 acres, renovated house. Power, phone, school bus, spring-fed creek, good highway access, picturesque. Bargain \$65,000. Ph: 071-292-104.

½ HOUR NORTH OF GYMPIE, Qld — 5½ acres, permanent creek, useable timber. \$16,500. Juanita, PO, FEDERAL 2480.

VICTORIA

NORTH-EAST GIPPSLAND Bendoc. 141 acres of which approx. 40 are cleared. The rest being 100 yr regrowth of native forest. A small spring-fed creek runs through the property. There is a small dwelling with SEC — rough but quite livable. Situated about 2 miles from town with good access. There are some fruit trees — plum, apple, pears — in need of TLC. Price \$40,000. Please ring for more information. Ph: 03-596-6346.

TOLMIE (Mansfield district NE Victoria) 8 acres, part bush, part cleared. Holiday cabin, outer sheds, water, phone, SEC available. Spectacular mountain views, close to snow fields and rivers. \$36,500. Ph owners: 057-762-276.

FIVE MINUTES from historic Chetwynd, Glenelg river. Slightly undulating, adjacent state forest, abundant wildlife. Government road, SEC, phone available. Nominal rates. Suitable mudbrick building. Offers serenity and beauty. \$22,000 ONO. Ph: 059-756-452.

GENOA DISTRICT — beautiful 3-B/R colonial style stone house on 130-acre mostly timbered property. Improvements include 20,000 gal. tank, irrigation pump. ¼ acre mature kiwifruit, dam, shed, generator. In secluded location approx ½ hour from coastal resorts Mallacoota, Eden. \$88,000. Ph: 051-588-240.

ALBURY/WODONGA AREA — 177 acres with current caravan park permit. 70 acres cleared, rest light timber, abundant water, SEC and phone connected to good home with all mod cons. A/g pool 32' x 15' fenced, good shedding and machinery. Secluded but central, close to all schools. Beautiful native flora and fauna, excellent views, good all weather road access. Reluctant sale due to ill health, genuine enquiries only. \$150,000. Ph: 057 261 292.

EUROA DISTRICT — stone and timber solidly constructed house with outbuildings. 5 KVA generator, 8000 gal. tank supply, large dam. 10 acres, 5 paddocks, good fencing. \$54,500. Ph Hodgkiss: 03-241-5033.

283 ACRES (114 Ha) Bombala river frontage. Power, phone, partly fenced, school bus. Two large sheds (72 x 24 ft each). Permanent river, creek, springs, 36' rain. Timber contract negotiated — \$25,000 min. 2 caravans. Excellent soil, NE aspect. 1 hr coast. 1 hr snow. \$58,500 or best offer. Ph: 02-681-1646.

CHEWTON, 5-year-old mudbrick and timber triple level home in secluded gully featuring extensive pine lining, stone fireplace, slate paving, balcony. Peaceful two acres, established native and fruit trees surrounded three sides by state forest. Underground power, new LPG stove and HSW. Good water supply. \$85,000. Ph: 054-721-155.

BUSH BLOCK, 15 acres. Beaufort, 30 mins Ballarat. \$23,000 negotiable. Ph: 361-6806 Mon-Fri, 363-1020 after 6 p.m.

TASMANIA

5-ACRE, 4-B/R HOME. Complete renovated, alutite & windows, cladding, carpet through. Phone, elect. & wood stoves, wood water & heating, off main rd. Ulverstone 20 min. Devonport 40 min. Mail & shop delivery. 2 springs, permanent creek with dam, fully fenced, ample wood. Gen. sale. \$49,500. Ph: 004-291-357.

NE TAS — 3-B/R WB house on 10 acres surrounded by state forest. Elec. and phone, lge orchard, 15 min from coast, outbldgs and miners cottage on property. \$46,000. Ph: 003-542-348.

HUON VALLEY, Glendevie. Large house plus 15 acres. Beautiful valley views, roadside shop ready to stock on Huon Highway, excellent for selling goods, 5 minutes to beach. Dairy/-implement shed with concrete floor, fruit trees, 2 permanent creeks & dam. Mainly pasture. 50 minutes south of Hobart. \$65,000. Ph: 002-976-224 anytime.

OLD COTTAGE, NE Tasmania, needs work. On ¼ acre, electricity, septic tank, town water. \$4000 ONO. Ph: 003-301-871.

GRASSIFIEDS

PROPERTY FOR SALE

TASMANIA

NE TASMANIA — house, 3 bedrooms, on 2½ acres, 2 years old. Bordering state forest, phone, town water, rainwater tank, large shed (32 x 26 ft), school bus nearby, close to small town. G. Williams, PIONEER 7254. Phone: 003-543-381.

TASMANIA, North West Coast — 50 acres, 25 minutes drive from Devonport. Half bush, half pasture, privacy in a forest setting. Mudbrick overnigher with roofed pole frame extension. Storage shed, spring-fed dam, electricity available. Fenced on all sides, sealed road frontage. \$35,000. Ph: 004-291-295 or 004-318-067.

NW COAST — 50 acres rainforest, 30 min from Burnie. Off main hwy, near state reserve, permanent creek, access. Tractor and 2 acres cleared. Lots of potential. \$18,000, offers considered. Ph: 004-352-322 or write to Mr Olsson, C/- Somerset Cvan Park, BASS HWY 7322.

TASMANIA — 156 acres 10 mins from beautiful Deloraine. Uncleared gently sloping and fenced. Power is connected to properties on either side. Has suitable site for dam but no running water. 45 mins to Launceston. \$25,000. Ph: 070-517-894. McCulloch, 62 Boland St, WESTCOURT, CAIRNS 4870.

WELDBOROUGH, NE TAS — 22½ acres. 3 acres pasture surrounded by natural bush — gums, myrtles & sassafras. Small lake under construction, suitable for trout. Highway, electricity and phone lines close by. \$20,000. Ph: 003-542-318.

SOUTH AUSTRALIA

ESCAPE TO 22 ACRES irrigated in the prosperous riverland near Berri. Income from apricots, peaches, plums, oranges, sultanas, raisins, currants, pistachios. Also 80 mixed trees planted for self-sufficiency. Tractor and equipment included. Large modern 3-B/R house with airconditioner, wood-heater etc. \$94,000. Ph: 085-835-385.

DEADLINES: GR 61 — APRIL 24TH
GR 62 — JUNE 26TH

SOLIDLY BUILT stone house on ½ acre block in small rural community approx. 80 km north of Adelaide. Extensively renovated, re-wired, and redecorated, mains water, electricity. Owners moving north must sell. \$47,500 ONO or will sell fully furnished \$65,000 ONO. Bargain buy, inspection invited. Ph Sue: 08-380-9461 9 a.m. to 4 p.m. week days.

OTHERS

BILLY'S CREEK: beautiful 2-B/R weather-board/mudbrick cottage on fenced 10 acres. Electricity, indoor composting toilet, sky lights, many more pluses. \$42,000 ONO. Ph: 578-185.

COMMUNITIES

TROPICAL PARADISE reluctantly offered for sale — our tenth share in 480 acres of beautiful rainforest situated in a prime location near the Qld border in northern NSW. It is part of a registered cooperative, established for 7 years and approved by Council as an MO. The property is 200 m above sea-level, frost-free, with amazing views, NE aspect, good volcanic soil and is bounded on 3 sides by National Park. The share comprises large hand-built timber home, post and beam construction, featuring stone, shingles and virtually unobtainable timbers such as teak and rosewood floors, hoop pine ceilings, red cedar and silky oak; coloured glass windows; 2 bedrooms, large lounge and dining rooms, kitchen with polished flitch benches, gas and combustion stoves, walk-in pantry and spacious verandahs. There is also a separate colonial-style building with bathroom, laundry and large bedroom. Power is supplied by solar panels and there is easy all-weather access. The surrounding grounds are a botanical feast of rare trees, palms, shrubs, bulbs and orchids, landscaped with rock wall terraces. A palm-lined creek runs through the back yard. Over 100 fruit trees (mostly bearing) include avocados, custard apples, lychees, peaches, sapotes, macadamias, nectarines, a wide range of citrus, mangoes, plums, pears, apples and many more. Also included is a nursery with 2 shadehouses and a landscaped sales area. All this on the major tourist road in the Tweed Valley... unlimited tourist potential. A 15-minute drive on a sealed road to a main town, schools, hospital etc. and only 40 minutes to the beach. Must sell to finance new business venture in plants. Priced at \$65,000 contact us on 066-795-310 or PO Box 512, MURWILLUMBAH 2484.

WE ARE MOVING ON after 3 years lovingly converting two 60' railway carriages into a beautifully unusual home — the two lie side by side, connected by a small bridge which spans a shaded centre garden of ferns and delicate woodland plants — all is surrounded by flower gardens, arbours, native trees, small orchard, vegie garden and herbs, with a full length verandah facing north. The outside of our dwelling has been re-painted, with some murals, the inside is pine lined in one carriage and hessian lined in the other. Situated on 500 acres of a small but growing community with Montessori school, 5 minutes from Mathoura and 25 km from Deniliquin on the Cobb Highway. Price \$22,000 includes \$4000 community membership and the private use of 5 acres. Phone Margie Arlen, Gulpa Creek community 058-823-356 or 03-754-2922, or write PO Box 12, MATHOURA 2710.

SE QLD, 30 minutes drive Noosa — 9-acre share in community established 12 yrs, bordered by state forest. Heavily forested valley with creeks & waterholes. Solid multi-level timber house, sunny NE aspect. Solar power, s/c stove, gas stove, fireplace, phone, septic, large double garage & workshop, ample water from rainwater tanks & dam with pump. Extensive gardens, vegetable & ornamental, 100 bearing fruit trees. School bus at driveway. \$55,000. Ph: 071-467-207, 03-251-521.

NE NSW 6 km to Nimbin — solid sandstock brick house on co-ordination co-operative (Turntable Falls Community). 3 B/R, huge loft area, french doors open to verandahs, bay window, slate floor in kitchen and bathroom, OFP, wood stove, gas hot water unit and petrol generator. House requires 'finishing touches'. Excellent access, overlooks Nightcap National Park. Includes approx. twenty 4-year-old fruit trees and 3 bungalow/sheds. \$42,500. For more info, write to Julie and Dave Gittus, PO Box 339, WHITTLESEA 3757. Ph: 03-716-1162.

FARNORTH COAST enjoy living on your own 10 acres in comfortable 4-B/R home, plenty of water, greenhouse, large working shed, fruit trees, good working equipment, a.g. swimming pool, 240 V generator, phone, and be surrounded by bush, plenty of wildlife, wetlands, heath and close to untouched beaches and river. 20 min. to shops and school. We are a small community on 800 acres south of Woodburn with legal setup similar to strata title. Price reduced to \$59,950. Ph Rosemary Zillig 066-218-939 or write to 46 Ubrihien St, LISMORE 2480.

THE INHABITANTS OF 'WYTALIBA', a community east of Glen Innes, wish to inform interested individuals that shares are still available in this rambling 4000 acres of river and mountains. Our main assets are people, and we welcome new community minded people into our midst. Living on shared land is a big responsibility and a lot of hard work. Since the first residents moved on in 1980, the social environment has been in constant flux as we each seek to interpret and implement our lives here. If you feel you have a willingness to communicate, co-operate, and have the energy and commitment to meet this challenge, then we have a place for you. Joining fee is \$1000. Interested people can write to: Wendy Coates, Mandy Beetham, WYTALIBA via GLEN INNES 2370.

COUNCIL APPROVED genuine multiple occupancy development 10 min Murwillumbah NSW, 20 min Currumbin Beach Qld. Rainforest, creeks, waterfalls. Tomewin Village is too beautiful to describe here. It is mountain country with idyllic house site. No huge acreage of flats. 100 acres of reserve surround the remaining 140 acres. Only one lot left. First to buy will get genuine bargain for low income earner. Mandy Asbeck, Owen Sainty, C/- Tomewin Village, PO Box 623, MURWILLUMBAH 2484.

ONE FOURTH SHARE in 120 acres. Roseberry Creek, near Kyogle NSW. Share includes 10 acres, gravel road, cleared homesite, caravan, dam. Property is 60% rainforest, borders 2 creeks and state forest. \$15,000. Ph: 07-800-3885. Write I. Belcher, 98 Begonia St, BROWNS PLAINS, 4118.

27 BEAUTIFUL ACRES — 3 acres cleared. Peaceful Byfield rainforest. Pump on flowing creek. Power and phone lines past block. Road frontage on 2 sides. 25 minutes Yeppoon. Ideal avocados, citrus, fruits, vegies. Write 41 McKelligett St, ROCKHAMPTON 4700.

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COMMUNITIES

BOWRAVILLE — one eighth of 40 acres, 30 km to beach. Temporary dwelling, HWS, generator, gas stove, potbelly, bathroom. Private lease plus share in title. All weather road. Access to small dam. \$19,000. Ph: 03-870-9939 or write: Moppert, 7 Munro St, RINGWOOD 3134.

ONE TENTH SHARE in approx. 460 acres in the beautiful Tweed Valley on the slopes of Mt Warning. Sub-tropical rainforest with abundant wildlife, creeks, springs & views. Surrounded on 3 sides by national park. 15 mins to Murwillumbah, ½ hour to the Gold Coast. Community nut & citrus orchards. \$18,500. Ph: 03-818-4525.

NIMBIN VALLEY — ninth share of 'PINPUNA', 150-acre well established community. 5-acre homesite (choices), 105 acres common land; fully fenced; good access roads; permanent creek, dams, swimming holes; timbered/cleared undulating land; rainforest; rich soil; quarry good building stone; communal facilities — telephone, tractor, laundry, paddocks, meeting house. \$15,000 (includes legals). Ph Ruth: 03-481-4655.

ONE-TWENTIETH SHARE YAMMA-COONA rural co-operative, 2½ acre home site on 560 acres common land. Beautiful, secluded, rich, timbered land and rainforest, borders Nymboida river and wild cattle creek. Excellent rainfall, 20 minutes Dorrig. 2 dwellings available to live in whilst building. Good, down-to-earth people dedicated to a progressive co-operative. \$10,000. Contact Julie: 065-644-014 or 02-660-0268.

ONE FIFTEENTH SHARE in Mandala community at Maryvale, 140 km west of Brisbane. 3-B/R mudbrick cottage on own hectare, plenty of water, views, school buses. Peaceful lifestyle. \$32,000. Malcolm & Cathy Roach, 181 Russell St, TOOWOOMBA 4350. Ph: 076-323-176.

GLOUCESTER NSW — timber slab cottage plus mudbrick studio for sale on Upper Bowman Community, near Gloucester. Set in a beautiful valley, the cottage has solar electricity, solar hot water and slow combustion stove. Excellent site for gardens, small crops etc. Price, including two shares is \$22,000. Please phone 065-587-575 or 065-587-504.

NORTHERN NSW COAST — 10-acre share in friendly community, beautiful bushland, 11 km from coast. We have built large shed (2 x 9.5 m) could be made into house. Dam, and good orchard site. \$18,000. Write to Neville Gardner, Billen Rd, GEORGINA 2480. Ph: 066-214-118 BH.

HOUSE AND STUDIO on Doyles river and fifteenth share in 250 acres 10 miles from Elands. \$12,000. Ph: 065-853-941.

CYGNET, TAS — 50-acre share in 200-acre property. Beautiful area and property. \$17,000. Contact Maureen Robertson, C/- PO, ROCKY GULLY 6397. Ph: 098-515-587.

FIFTEENTH SHARE in 275-acre community farm 40 km NE of Warwick SE Qld. Weather-board cottage on own hectare. Mains electricity, slow combustion stove, gas stove & HWS. Rainwater tank and community water supply. Permanent creek, quiet valley. Phone in central amenities block. Use of tractor and implements. Primary and high school bus 200 m. \$18,000 ONO. Ph: 02-698-8638.

BLACKHORSE CREEK, KYOGLE via Kyogle Nth NSW — 25th share 970 acres, 20 min town. 10-acre entitlement complete valley beautiful. \$9000. Ph: 070-688-350. PO Box 472, TULLY 4854.

ONE TENTH SHARE of rainforest, cottage and building materials. Northern NSW. \$37,000. Patrick, PO Box 407, MURWILLUMBAH 2484.

MID-NORTH COAST — environmentally aesthetic solar-built home on 34 acres amongst tranquil balance of timber, pastures and orchards. Frost free; sealed road; 7 minutes from Bowraville; 20 minutes ocean. Over 100 established fruit trees. Large dam, creek and flats, views, privacy, well maintained. \$85,000. Ph: 065-647-578.

BUSINESS FOR SALE

RESTAURANT AND TAKE-AWAY situated in beautiful Huon Valley close to national parks. Well established business, trading 5 days. Lots of equipment, good profit. Old building, open fireplaces, seats 40+, plenty of atmosphere, lots GR customers. Must sell. POA. Also 2-3 B/R cottage on 12 acres bush, large garden, fruit trees, etc. Plenty water, privacy, available 12 months free rent. Ph: 002-641-664, 002-971-565.

WELL-STOCKED CRAFT supplies business with improving figures. Main street Kempsey. Suit crafty types. Room for classes. Reasonable rent. Some knowledge needlework, knitting, crochet needed. \$12,000 negotiable SAV. ph: 065-628-355 or 668-200.

THE SOLAR FOOD DRYER — unique Australian invention selling well throughout the country with virtually unlimited overseas potential. Accountants' estimated value of business, patent and potential around \$175,000. All questions answered to genuine enquiries only. Ph Peter Hunt: 03-489-8405 or write to PO Box 53, NORTHCOTE 3070.

POTTERY AND RESIDENCE in fast growing craft centre near Armidale, Northern Tablelands. POA. Contact Robert Brereton: 067-784-460.

SIGNWRITING BUSINESS — Sunshine Coast area. Established 7 yrs. Regular clientele. Annual turnover \$35,000. Large workshop on lease. Price \$12,000. Ph: 071-825-046.

**DEADLINES: GR 61 — APRIL 24TH
GR 62 — JUNE 26TH**

TASMANIA — well equipped wholefood manufacturing business. No limit to expansion. Freehold. Ph: 004-261-887.

SMALL BUSINESS SHOP with 3 B/R house at rear plus share allotment adjoining with ex-service station building and driveway on. Large allotment shed at rear both allotments only 100 m from ocean situated at Wyndham Port in the Kimberleys. Will sell lot \$38,000 plus SAV. Genuine reason for selling. Contact owner 091-611-364.

PROPERTY WANTED

HOUSE SOUGHT BELLINGEN/Bryon Bay region for 1987 by woman homeowner and child. Willing to swap temporarily with own beautiful 2-B/R cottage near waterfall, Blue Mts. References offered and required. Ph: 047-572-100.

LAND, CREEKS, SPRINGS, forest with or without dwelling. Schools reasonable distance, realistically priced. Will consider any area Tasmania. I am genuine cash buyer. If I like your land, will not hesitate to purchase. Be quick with your reply please. K.D. Higgins, C/- PO, DEVONPORT 7310. Phone number for immediate answer.

LARGE CAVE ON acreage with access, must have dam or creek. Will travel. Limit \$12,000. C. Rose, C/- 1 Ruth St, CABOOLTURE 4510.

SINGLE MUM with one seven-year-old son is looking to buy a house on a minimum of 10 acres within a 25 km radius of Newcastle. Preferably land with trees and water as I intend to use it for permaculture. I can pay up to \$50,000. Phone 049-387-490 or Jacinta Fraser, PO Box 49, GRETA 2334.

SOUTH COAST NSW — 10-40 acres good soil, timbered, dam or permanent water (if possible) prefer GR-type neighbours. Can pay up to \$30,000 cash. Kres Dubbin, 23 Lambeth St, PANANIA 2213.

WANTED: SHARE IN community based on broad spiritual principles of mediation and harmony. South coast or southern highlands. I am gardener/craftsperson/psychologist with commitment to Taoism. My daughter is 5. We want to either buy, share or work in exchange for accommodation. Please write Antonia, 78 Mt Kiera Rd, WOLLONGONG 2500.

WANTED FOR SALE, rent or caretake land with dwelling, power and water. Experienced, reliable caretaker. Prefer vendor purchase of small acreage. Anything considered. J. Erratt, 1 Memorial Ave, GUNNDAH 2380.

TO RENT

FAMILY WANTED WITH PRIMARY SCHOOL children to rent our house on 20 acres at Flaggly Rock, a coastal village, 1½ hours drive south of Mackay, Qld. Opposite the one-teacher school. Fruit trees, chooks, cow, organic garden. We want a caring, non-smoking family, interested in organic gardening/permaculture. Minimal rent in exchange for caretaking orchard. Mary McKavanagh, FLAGGLY ROCK 4741. Ph: 079-502-176.

GRASSIFIEDS

TO RENT

DENILQUIN AREA — isolated farm for lease for 5 years. Suit self-sufficient caring community. 3-B/R house and 3 cabins on 80 acres. On river surrounded by redgum forest. Power and phone. Enquiries Helen Campbell, PO Box 788, DENILQUIN 2710. Ph: 058-823-354.

COOLAH, NSW, handcrafted wood home on ½ acre. F/trees and good dirt. 3-B/R, fireplace room, SC stove, town & tank water, electricity. \$65 weekly, bond \$200. References essential. Available till early '88. Contact Joe Barillari, 61 Silver St, ST PETERS 2044. Ph: 02-550-1387.

DIVORCEE MID 50s, no assets, no dependents, low income, former rural dweller now living Melbourne, seeks low rental rural/semi-rural cottage. Can offer help return minimal/free rent. Refer letter Feedback. Emma Georges, 13 Therese Ave, MT WAVERLEY 3149.

MOUNTAIN RETREAT Tabulam N NSW. New 3-storey pyramid home, 48 sq on 750 acres. 360-degree views. Solar 240 & H2O, frost free, lease negotiable. Write Sully, PO, TABULAM 2470.

WANTED TO CARETAKE or rent 3-4 B/R house on acres N NSW coast. Family of five. Grass roots people. Unable to pay high rent. Warren Smith, PO Box 297, GUNNEDAH 2380.

COASTAL RETREAT WA, 300 km north of Perth. Limestone cabin near ocean, fully furnished, very comfortable 2 rooms ample water must supply own power wired for 12-240V. Rent \$40 pw or sell. 09-342-5758.

EXCHANGES

COUPLE NEAR MOBILE, Alabama wishes to swap residences and/or beach home for comparable accommodation any time during 1987 and spring 1988. References required. John T. Crowder, Jr., PO Box 66705, MOBILE, ALABAMA 36660.

OPPORTUNITIES

CARPENTER HANDYMAN — renovate 2-B/R semi-furnished carpeted cottage — 35 lush riverfront acres unique country lifestyle. ½ hour Brisbane, Gold Coast, 5 mins Beenleigh, renovation period rent free, then re-negotiate long term minimal rental. Applicant seeking quiet life, single semi-retired couple, no children. Ph: 07-287-4806, 6-8 p.m.

PARTNERSHIP REQUIRED established dairy farm. R.A. Doolan, 29 Warrina Cres, BURLEIGH HEADS 4220. Ph: 075-351-851.

ORGANIC FRUIT & vegetable wholesalers in Albury would like to contact growers throughout Australia to supply the demand. Ph: 060-218-548. PO Box 329, ALBURY 2640.

REPRESENTATIVES REQUIRED for selling of health related equipment to the general public from your own home. This is a genuine product and is already in use by community health services and hospitals. Knowledge of acupuncture or pressure points and body meridians is necessary. We are looking for caring people, not those only interested in monetary reward. Outlay required \$750. All enquiries Lola Bray, 18 Waverley St, BUCASIA 4741. Ph: 079-546-892.

AN INLAND PARK in north Qld provides an opportunity for a late 30s woman to develop with initial support her own nursery or herb outlet. Initial planning from Brisbane. Bushy children no problem. Eric, 39 Norman St, FIG TREE POCKET 4069.

DO YOU FEEL you've never had the means to earn what you're worth? To get what you want? Distributor training is available now for Herbalife products that are used and trusted by thousands of health enthusiasts. Call Jack and Loreto McMahon: 054-734-455. PO Box 225, CASTLEMAINE 3450. Interstate enquiries welcome. APB0292-S.

YOUNG WOMEN are invited to experience Christian communal living at our rural property for one or two weeks during August 10-30 or October 5-25. Opportunity for learning meditation, communication, gardening, carpentry, crafts etc. Food and accommodation free. Write to Sister Helen, Sisters of the Church (Anglican), DONDINGALONG via KEMPSEY 2440.

CRAFTS PEOPLE — makers of original fine quality handcrafted items in all fields wanted for country gallery opening mid year. All enquiries to 'Bend of the River', Guineas Creek Rd, PALM BEACH 4221. Ph Kathy: 075-339-147.

MIDWIFE WANTED, willing to guide my partner and I, for the birth of our first child in June. My partner wishes total involvement. We can offer accommodation if distance is a problem. Phone B. Ross, INVERLOCH, 056-742-568.

CARETAKER/S REQUIRED milking goats, chickens, vegetable garden July 87. Contact Drew and Rosalie, Spencer St, TRIABUNNA 7190. Ph: 002-573-439.

PENSIONER COUPLE (56-70) nonsmokers live rent-free unfurnished cabin Murrurundi NSW. Car essential. Write 1 Melbourne Ave, UMINA 2257.

GOATS — opportunity for two ladies to run Cashmere goats on NZ hill country property. Goat experience necessary. Reply Goats, C/- Box 764, SHEPPARTON 3630.

DEADLINES: GR 61 — APRIL 24TH
GR 62 — JUNE 26TH

WORKING MALE (35) looking to employ live-in companion housekeeper babysitter to help raise 2 primary aged sons in comfortable home on ½ acre. Geoff, C/- PO Box 311, SOUTH GRAFTON 2461.

SERVICES OFFERED

INTERNATIONAL PENFRIENDS is a worldwide organisation with members in 153 countries. Catering for all age groups and providing a guaranteed penfriend service. Membership available to all sincere people. Further information send a SAE to RMB 979, DOORALONG VALLEY 2259.

SOUL MATES, friends, penpals, solve your problems with understanding help, just post \$2, add postcode. Maximations, PO Box 831, COOLANGATTA 4225.

FLOWER ESSENCES — a natural way to wholistic healing. We have available an extensive range of essences. Stock bottles \$2 each. Individual remedies are also available including the Bach Flower Remedies. Send 2 stamps for details to Natural Flower Remedies, PO Box 1796, MACCLESFIELD 5153.

EAT ALL YOU WANT, never feel hungry, lose weight easily. Dr Ann Wigmore's wheat-grass programme. Write or phone for free details now! Hippocrates Health Centre of Australia, 21 Monaro Road, MUDGEERABA 4213. Ph: 075-302-860.

HERBALIFE can help you lose weight, with calorie controlled diet! These herbal products have been used successfully by people just like yourself all over Australia. They have 100% natural ingredients. For additional information call Jack & Loreto McMahon: 054-734-455 or PO Box 225, CASTLEMAINE 3450. Mail order & Bankcard welcome. APB0300-S.

HOLIDAYS

SILVERTON CAMEL TREKS. 25 km north west of Broken Hill. Book now for Easter and school holidays. \$5.00 deposit per person for bookings. Hourly treks (min 3) \$10.00; two hour treks (min 3) \$20.00; sunset treks (min 2) \$20.00; 15 min trek (min 2) \$5.00. Bookings — Billy Cannard, PO Box 121, BROKEN HILL 2880. Ph: 080-885327/885305.

BICYCLE TOURS OF NEW ZEALAND — we feature biodynamic, organic farms and provide all cyclist's services. PO Box 11-296, AUCKLAND 5. Ph: 591-961.

PURRUMBETE HOLIDAY LODGE — bunk-style budget accommodation for large or small groups in quiet rural setting beside Lake Purrumbete. Phone for details: 055-947-330 or write RMB 6055, CAMPERDOWN 3260.

HANDCRAFTS

POTPOURRI & SACHET SUPPLIES. We now have the largest range of materials for potpourri work at the lowest prices in Australia — potpourris, flowers, herbs, spices, essential oils, books . . . and much more. Small or large quantity, our price and range is the best. Write for free mail-order catalogues: Potpourri & Sachet Supplies, PO Box 53G, NORTHCOTE 3070. Ph: 03-489-8405.

WANTED

IDRIESS BOOKS — write Vaughan, PO Box 93, HAMPTON 3188.

GRASSIFIEDS

GARDEN AND ORCHARD

PROPAGATE YOUR OWN TREES from seed. Over 200 species stocked — carob, tree lucerne, honey locust, eucalypts, acacias etc. For descriptive catalogue send two 36c stamps to Central Seeds (GR), RSD, LOCKWOOD 3551.

GULGONG HERBS, 145 Mayne Street, GULGONG 2852. Large range of herbs and cottage garden plants available. Open Friday, Saturday and Sunday 10 a.m. to 4 p.m. For sales and inspections outside these hours, please ph: 063-741-350.

FAST GROWING tubestock eucalypts. Ready to plant 50 cents each — discount for quantity. Buschgardens Nursery, Lockwood 3551. Ph: 054-353-454 anytime.

FOOD AND KITCHEN

RETSEL FLOUR MILL CLEARANCE. Manual handle for Millrite flour mill, small hoppers for Little Ark or Millrite, Little Ark handle. Books — *Wheat for Man*, *Natural Sweets & Treats* all \$5 each, plus P & P. Outlook Alternatives Alternative Technology Centre, RMB 9010, WANGARATTA 3678. 057-273-261.

HOME STONE FLOUR MILLS. Mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill 'Endorsed by Housewives Association'. Write for catalogues to: Retsel Distributors, PO Box 712, DANDENONG 3175 enclosing three postage stamps, or ph: 03-795-2725. Distributor enquiries welcome.

STAPLE FOOD SUPPLIES — bulk health foods, quality at reasonable prices. Dried fruits, nuts, grains, legumes etc. For a price list ph: 071-956-833 or write Staple Food Supplies, Unit 2/6 Henzell Rd, CABOOLTURE 4510.

LIVESTOCK

BILLAGAL Anglo-Nubian dairy goats guaranteed CAE, B/M Jonhe's free. Photos, pedigrees, health certificates, milk records available. Beginner's goat care booklet \$2.50 posted. Ph: 067-224-008. PO Box 528, INVERELL 2360.

DAIRY GOATS — Toggenberg. Good milk lines and placid natures. Organically reared. Christine Wall, 'Eastwind', Coopers Rd, MACCLESFIELD 3782. Ph: 059-688-664.

STANDING AT STUD Avalon Park Warlock Q*, British Alpine buck. 2 Abbott St, SOUTH GRAFTON 2461. Ph: 066-423-102 BH.

PUBLICATIONS

HEALING BY GOD'S NATURAL METHODS — pure air, sunlight, abstemiousness, rest, exercise, proper diet, water, trust in God, these are the true remedies. This book contains 100s of simple, natural remedies for all manner of diseases. Send \$5.00 post paid to Street Ministries, PO Box 59, MURWILLUMBAH 2484.

HERBS: THE MAGIC HEALERS: by Paul Twitchell — the most complete guide to physical and spiritual well-being ever written! Since ancient times herbs have been used by medical practitioners and spiritual adepts alike to soothe the anguish of body and soul. Among the proponents of such natural organic foods were the great Masters of Eckankar, perhaps the first spiritual masters to recognise that healthy bodies aided the concentration necessary to reach God-Realisation. Paul Twitchell, modern day founder of the ancient teachings of Eckankar, tells you all you need to know about herbs — their history, their curative powers, their legendary magic. This writing is not confined to plants and their usage alone, however, for variety of subjects that relate, directly or indirectly, to the well-being of the individual. *Herbs: The Magic Healers* is the greatest source of knowledge available today on the health of the physical, emotional, mental, and spiritual bodies of man! A book you can't afford not to read! Send \$6.00 cheque or money order to Eckankar, Shepparton Discussion Group, PO Box 1669, SHEPPARTON 3630. Ph: 058-211-951.

FANCY FOWL is the title of a lavishly illustrated English magazine published six times a year, which is devoted to articles and news items connected with breeding and exhibiting all types of fowl, including waterfowl. The journal is available on an annual subscription through Australian Agent, Ken Bergin, PO Box 5, SUMMER HILL 2130. The rates are as follows: Surface Mail \$22.00; Air Mail \$30.00.

A PRACTICAL GUIDE TO HANDLING AND TRAINING A DONKEY — Wendy Mayer. A book describing techniques in handling and schooling of a donkey. Available from Wendy Mayer, PO Box 559, MT BARKER 5251 for \$9.98 postpaid.

'IN MY SOUL I AM FREE' by Brad Steiger. The incredible life of Paul Twitchell — prophet, healer, and modern-day founder of Eckankar — whose soul travel exercises lead to personal experience with the Light and Sound of God. Special introductory book offer \$4.00. Send cheque or money order to Eckankar, Shepparton Discussion Group, PO Box 1669, SHEPPARTON 3630. Ph: 058-211-951.

ANIMAL FRIENDS, quarterly, the magazine for all who love animals. If you share your life with an animal friend this is the magazine for you. Regular features include veterinary column, book reviews, young people's page, lively letter pages plus factual and entertaining features. *Animal Friends* is only \$6 a year. *Animal Friends*, 40 Northam Rd, EAST BENTLEIGH 3165.

TURKEY TALK — a bi-monthly newsletter for the small-scale turkey breeder and pure breeds fancier. Subscription \$12.00 per year. Sixth issue available now from Night Owl Publishers, Box 764, SHEPPARTON 3630.

LOW-COST OWNER BUILDER OCTAGONS — a comprehensive manual, \$2 direct from builder designer. Appleby, MS316, NEERDIE 4570.

FIBRE FORUM is the tri-annual colour magazine of the textile arts for Australia. Subscriptions in 1987 are \$17.00 which includes membership in The Australian Forum for Textile Arts (PO Box 77, University of Queensland, ST LUCIA 4067). Sample copy of magazine: \$5.00 post-paid.

BIODYNAMIC FARMING AND GARDENING — an approach to rejuvenating planet earth. Send name, address and 36c stamp to: ATEC, PO Box 110, LEURA 2781 for latest catalogue of books etc.

PSYCHIC VISION culminates the author's lifetime of research; the pursuit of the real truth behind psychic phenomena, the how, why, and psychic development methods that work. Original, first-hand experience. A must for serious seekers. Large-format, 90,000 words, 40 illustrations, low price \$7.95 including postage. Montrose Publishing, HARRISMITH 6361.

HOW TO INVEST in real estate, little or no money required to start. For this informative booklet post \$20 to PO Box 45, HACKETT 2602.

INITIATION INTO GENUINE MAGIC by Franz Bardon. More details (SAE) from HERMETICS, PO Box 84, WEST END 4101.

MISCELLANEOUS

OUTLOOK ALTERNATIVES HAS TOO MUCH ELECTRICAL EQUIPMENT and is offering the following items at very reduced prices. (Normal price in brackets.) BP Solar 45 watt Photovoltaic module \$410 (\$555), BP Solar 38 watt solar module \$340 (\$460), Besco 6 volt 90AH battery \$40, WEA inverter/generator changeover switchboards \$50 each (\$80) (2 only), WEA battery charge regulators — 12 volt/100 watt \$30 (\$50) (4 only), 24 volt/200 watt \$60 (\$93) (1 only), 13 watt/12 volt fluorescent lights \$30 (\$42) (6 only). The above items are all new. We have a variety of new and second-hand fuses: Large porcelain fuses — to connect to batteries: 75 Amp \$12, 60 Amp \$12, 55 Amp \$10, standard fuses 32 Amp \$3, 10 Amp \$3. Large cartridge bakelite fuses — cartridge included; 100 Amp \$20, 63 Amp \$15. Freight extra on all items. Outlook Alternatives Alternative Technology Centre, RMB 9010, WANGARATTA 3678. 057-273-261.

CHILDBIRTH PRICE LIST: Birth Rediscovered video \$90.00, 16 mm film \$800, hire: \$25.00. Birth Can be Natural video (1½ hr) \$25.00 (3 hr) \$80.00 postage extra. Responsible Homebirth \$4.25 booklet: Thoughts on Women's Issues \$3.00 cassette: Relaxation and Breathing for Natural Birth: \$6.00 postage included. See display ad this issue. Orders to: Henny Ligtermoet, 1A Shoalwater Rd, SHOALWATER 6169. Ph: 095-272-033.

12-V SOLAR FRIDGE, 6 cubic foot, 125 mm insulation, chest type, S. Steel casing. Made by Solarex. Very energy efficient. Runs for 3 mins every hour at 9 amps. 2-3 panels run it. Low voltage cut out. \$850. JJJ, Kangaroo Ck, GRAFTON 2460. Ph: 066-493-010.

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MISCELLANEOUS

NUMBY NUMBY EARTHWORMS — breeders and suppliers of live earthworms for gardening, composting, horticulture and breeding stock. Our 'Speedy Breeder Compost Worm' revolutionises your compost and transforms your garden. Just \$18 per 1000 worms, includes postage Australia wide and instructions. Numby Numby Earthworms, ROLLAND PLAINS 2441. Ph: 065-858-239.

MAKE YOUR OWN BRICKS and save; moulds for standard, pathing and the unique mortarless lockable bricks. Our special fibre-glass moulds are inexpensive, easy and quick to use with mould turnaround of seconds; about 150 standard bricks to each bag of cement or around 4c each. SAE for full details. 'Dick and Betty', 5 Terrace Falls Road, HAZELBROOK 2779.

WONDERWORM FARM, live earthworms (tiger and redworms) for composting and bait now only \$15 per 1000 (300 g). Instructions and freight included. Wonderworm farm worm castings (fertiliser) 7-litre and 15-litre bag \$2.50 and \$4.75 plus freight. Discount on ten bags or more. 88 Hume Hwy, WELBY 2575. Ph: 048-711-337.

OUTLOOK ALTERNATIVES STOCK REDUCTION SALE: IXL Kardinia hot water cooktop/room heater (no oven) floor to hob 920 mm, depth, 590 mm, width 310 mm. \$100. Outlook Alternatives Alternative Technology Centre, RMB 9010, WANGARATTA 3678. 057-273-261.

HOME WASTE ecology system. Use mother nature's own processor. Turn your household & garden waste into a natural organic fertiliser. Full instructions plus 2000 worms & eggs for \$30. Goulburn Valley Earthworms, RMB 2357, TATURA 3616. Ph: 058-290-114, 058-290-290.

OUTLOOK ALTERNATIVES STOCK REDUCTION SALE: New Welcome Dover cast iron cook stove, normal price \$649, special sale price \$450. Outlook Alternatives Alternative Technology Centre, RMB 9010, WANGARATTA 3678. 057-271-261.

GENERATOR — Honda 5 KVA. Water-cooled, very quiet, wonderfully economical, fully reconditioned motor. \$1800. Ph: 066-282-338. Write PO Box 139, SOUTH LISMORE 2480.

FOR SALE one 32-V heavy duty drill, ½' chuck. Ring: 058-691-305 AH or 058-286-392 AH.

RAMMED EARTH air-powered rammer with head, simple to operate, not heavy, as new. \$600, instructions avail. Ph: 047-877-432 weekends.

OUTLOOK ALTERNATIVES STOCK REDUCTION SALE: 'C' shaped pipe heater to go into a fireplace, with grate; \$45. Outlook Alternatives Alternative Technology Centre, RMB 9010, WANGARATTA 3678. 057-273-261.

ARCHITECT'S PLANS — 5 copies. 2-storey, 4-B/R house or 2/2 B/R S/C flats. \$50. Contact Clark, 12/37 Drummoyne Ave, DRUMMOYNE 2047.

CLUBS AND SOCIETIES

THE AUSTRALIAN HERB SOCIETY. Join now, members receive quarterly magazine, free seeds, access to extensive tape library. For application forms write to PO Box 110, MAPLETON 4560.

COURSES

COMPREHENSIVE OIL-PAINTING course for Australian conditions. Paint for exhibition and sale. Secrets revealed. Full price \$38, includes postage and packing. Apply M. Ryall, 3 Snowy Mt Highway, PO Box 705, COOMA 2630.

DR DON GRAY Bible teacher offers free 12-lesson course on a sane approach to Christianity in an insane world. For details please write PO, BENTLEY via LISMORE 2480 or ph: 066-635-213.

CALENDAR EVENTS

DONKEYS! A seminar will be held at Gatton Agricultural College Qld on aspects of donkey care and driving. Of interest to small and hobby farmers and all donkey lovers. July 11/12 1987. ADBS Qld Branch Secretary, Booloumba Creek MS 16, MALENY 4552. Ph: 071-460-920.

MUNGAR SMALL FARM field day. Country fair, stall, displays, tug-o-war, country music, lots more. April 4th. Via Maryborough. \$5.00 family, stall holders welcome. Ph: 071-296-142.

CONTACTS

HELLO I'M A VERY lonely guy in his early thirties who would like to meet a GR lady to care and share her life with me. 5'4", live near Ballarat in a cottage on 5 acres and enjoy bush walking, gardening, motorcycling, people with open minds, macrobiotic food, music, humble way of life. Please write or phone only if you are serious. Mick, C/- RSD R676, DEREEL 3352. Ph: 053-461-437.

FEMALE COMPANION WANTED, perhaps permanent relationship. 33 yrs, 6'3", 14 st man, smoker, social drinker likes chess, rugby league, bush walking, reading, gardening, animals. I am presently living in a small country town in Qld and would like a sincere, honest, slim lady companion 19-28. C. Kellitt, C/- PO, MT PERRY 4671.

FEMALE (28), sculpture student, wanting to rent with vegetarian community/household of friendly, positive people (adults and kids) in country area of Eltham/Diamond Creek/- Kangaroo Ground general area. Interests: gardening, carpentry, arts, peaceful yet active lifestyle. Phone Ann, 03-458-2985.

QUIET SINGLE MALE, late thirties, requires company easy going good-natured female off-sider to assist development of plant nursery for room board and keep. No financial involvement required. Appreciate relatively quiet lifestyle in rural setting. Surrounded by forest. Single mum's school age child considered. Must have wide range interests. Write Colin, PO Box 365, ATHERTON 4872.

SINGLE GERMAN MALE 36 yrs, 5 ft 9 ins, quiet, nonsmoker, enjoys country life, gardening, reading and philosophies. No pubs or discos. Has nice home on lovely bush property. Wishing to meet and correspond with sincere country lady 28-35 yrs with similar interests for permanent caring relationship. Werner Zimmer, C/- PO WYNDHAM 2550.

MAN STARTING LIFE Queensland, healthy, happy, loves challenge, nature spirit educated, tempered. Young 40s. Seeks rare lady joi-de-vivre, creative, attractive, compatible, total integrity. Initially build unique house and diversify. Friendship with exciting future. Tony, PO Box 217, KURANDA 4872.

GERMAN MALE (57), 166 cm, 60 kg, smoker, active living who enjoys dancing, outdoor activities, gardening and good communication. Living alternative lifestyle on 75 acres on hilly land. Looking for honest, straightforward lady around 50, for sharing and caring in view of a permanent relationship. Replies welcome. Gunther, PO Box 24, SEDAN 5353.

GENT ON THE LAND (43) slim and tall German origin. New owner of 100 acres at Two Waters Farm (NE corner of NSW). Wants to meet country minded lady with a view to marriage and family life. D.C.K. The Two Waters Farm, PO Box 63, TABULAM 2470.

LIBRAN GUY (young 40) separated, I'm taking caravan to explore Qld coast, no time limit. My interests are beachcombing, bush-walking, windsurfing and quiet places. I would like slim lady companion to join me, no financial contribution required. John, PO Box 1108, HOPPERS CROSSING 3030.

WANTED FEMALE COMPANY, friendship possible marriage. Must like outdoors, farmlife. Self-motivated person to bring new ideas to property. 21-30, good conversationalist, reasonable education, preferably nonsmoker. Kelvin (35) bearded, hobby farmer, tipratter, occasional social drinker — interests poultry, reading, photography, and new ideas. Kelvin, PO Box 301, KYNETON 3444.

MALE (27), Scorpio, teacher, interests: bush-walking, folk music, alternative cinema, politics. Seeks female (20-27) similar interests, for correspondence, friendship. Robert, YUENDUMU SCHOOL, 5751.

SPIRITUAL COMMUNITY PROJECT, still at planning stage, northern NSW. Presently running growth workshops employing principles of 'Course in Miracles' and Rebirthing. Genuine seekers wishing to co-create an inspiring New Age focal point send SAE to Yulunga via KYOGLE 2474. Ph: 066-897-231.

GRASSIFIEDS

CONTACTS

PARADISE without a kindred spirit seems hellish. Is there an independent minded self-sufficient lady who is alternative lifestyle orientated yet aware of life's realities, cares for her body, likes poetry, renaissance literature, backgammon, life by the sea, five acres of garden, house staff and can cook somewhat, has blue eyes. Extract me from this singlemindedness. Yes a photo even. Kim, PO Box 255, KIETA, BOUGAINVILLE, PNG.

GERMAN MALE studying agriculture using organic methods wishes to spend one year in Australia and New Zealand. Interested organic methods, permaculture etc. Interested in places to stay, work and study above. Berndt Petry C/- L. Pettingill, RMB 2456, PORTLAND 3305.

DIVORCED LADY (31) 2 school children, nonsmoker 5' 2". Loves nature, animals, gardening, bushdancing, homelife. Seeks sincere man Aussie, English, 30-36 with similar interests. Send photo, Sandra, C/- A. Faulkner Geraghty Ward, HORNSBY HOSPITAL, HORNSBY 2077.

NATUROPATH FEMALE (40s) petite, attractive, no ties, loves natural lifestyle, seeks companion male similar nature lover. Halley, C/- Box 764, SHEPPARTON 3630.

HI WOULD LIKE to meet lady to 35 to share country lifestyle. Kids okay. Terry Hill, LORINNA 7306.

AUSTRALIAN DIVORCED LADY (49) would like to meet nice, easy-going, positive, intelligent, nonsmoking man fond of children. Happy disposition to share life, fun, travel, whatever. My interests include gardening, dancing, craft, music, am friendly and good natured. Bev, PO Box 1946, COFFS HARBOUR 2450.

JANETTE GEBBING, Nieka and Mauka, if you read this or even if you know the whereabouts of Janette and her little girls, please; Annie is wondering how you all are and would love to hear from you — God bless! Anne Fricke, C/- PO, BYRON BAY 2481.

SINGLE FATHER (29) honest, reliable, and lonely. Would love to contact a lady with similar interests — we both read GR so already have common ground. No pressures, no criteria, just write and we can take it from there. David, PO Box 4433, DARWIN 5794.

MAN (30) LIVING on 20 acres would like woman friend, companion, to live and share with. You would want to live in N NSW with warm, sensitive, intelligent, hard working guy and his beautiful 2½ yo daughter (part-time). Ph: 066-578-171 or write John Fagg, DUNDURRABIN via DORRIGO 2453.

AQUARIAN WOMAN (23) and child (3) vego, nonsmoker wants permanent friendship with long haired fire/air sign man who enjoys natural lifestyle, animals, country life and a wild woman. F. Holmes, Nimbin Rd, COFFEE CAMP via LISMORE 2480.

GERMAN TRAVELLER male 28/180, single, good looks, carpenter and woodworker wants to become resident of Australia. Is there a simple down-to-earth GR lady to help? This may be the beginning of a joint future. Rolf Marz, C/- Tanneberger, 108 Annie St, NEW FARM 4005.

YOUNG WOMAN looking for a place to live in community with other young people. I'm a school student studying by correspondence. Not able to become shareholder, but willing to work. Leah. Ph: 051-540-143.

LONELY MALE (40s) looking for caring female companion to share 20-ac bush property in hills. Age open to 40 yrs, any nationality, kids and pets accepted. Michael, PO Box 89, LANCEFIELD 3435.

ATTRACTIVE SLIM LADY (37) outgoing bubbly, likes outdoors, dining out, seeks presentable gent for genuine companionship and outings. Please write Dee, C/- PO, BLAXLAND 2774.

FARMERS WIDOW (61), Wesleyan, home property, saw-mill, seeks useful man 50-60, share some building, some farming, rural retirement. 'Farmer', C/- 'Sunnyside', MUDGEE 2850.

HI! I'm looking for friends to meet weekends in St Arnaud area, future home. I'm 15, interests motor bikes, cars, guns, etc. Anyone interested please contact Mark Wardle, 17 Bluegum Dve, HEALESVILLE 3777.

DEADLINES: GR 61 — APRIL 24TH
GR 62 — JUNE 26TH

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GR 62 — JUNE 26TH

GRASSIFIEDS

The 'classifieds' have now become the 'grassifieds' but the rates are still the same — 25¢ per word. Please be brief and send this form with the appropriate payment to arrive by the deadline for the issue in which you would like your advertisement printed. Address your letter to 'Grassifieds', Box 764, Shepparton 3630.

Sender's Name For issue No/s.

..... Classification,

..... Postcode Cost.

Advertisements must be prepaid — 25¢ each word.

Information Available

When contacting associations or newsletters listed in Information Available please, out of courtesy, include an sae, and mention that you heard about them in Grass Roots. This key will help you decipher the postcode system.

NSW 2000 plus
VIC 3000 plus
QLD 4000 plus

SA 5000 plus
WA 6000 plus
Tas 7000 plus

PERMACULTURE DESIGN COURSE — JUNE 14-28

Permaculture is the design for living environments which integrates plants, people, animals and buildings together with climate and topographic elements, within the context of social environmental and economic factors. Permaculture Association (SA) are holding a Permaculture Design Course June 14-28. The first week is nonresidential and will be held at Peace Garden, St Pauls Retreat, and the second week is residential and will be at Harrogate Farm. This 72-hour certificate course by Bill Mollison and other permaculture teachers costs \$490. For enquiries and application forms, contact:

Hindmarsh City Farm
17 Green St
BROMPTON 5007.

THE 1987 CANON ELECTRATHON

Are you interested in electric road vehicles? Then don't forget the 1987 Car Electrathon will be held on Sunday May 3 at VFL Park, Melbourne. The closing date for entries is Friday April 4. If you would like more information contact:

Kerry and John Hill
9 Washington Drive
OAKLEIGH SOUTH 3167.

CANCER INFORMATION & SUPPORT SOCIETY

This is a self-help group for cancer patients, their families and friends and anyone interested in prevention of degenerative disease. There are discussions on nutrition, relaxation, meditation, visualisation, exercise, positive thinking, testimonies of recovered patients. They offer regular meetings, guest speakers, large lending library of books and tapes, bi-monthly newsletter, contacts with wholistic practitioner network, and above all, they offer real HOPE.

For further information contact:

14 Herberton Ave
HUNTERS HILL 2110
Ph: 02-817-1912 (BH).

CORRESPONDENCE COURSES FOR SPINNING AND WEAVING

The Australian Flying Arts School (AFAS) has already provided 'Spinning' and 'Weaving I' (both one year courses). A new course, Weaving II covers colour and dyeing, tapestry weaves (warp covered), rug weaves, rep weaves, playing with materials, exploring ideas on the 4-shaft loom. This can be done as a follow-on from Weaving I or as a separate course.

Ashfords have offered a prize of a new Ashford traditional spinning wheel to a student in the spinning course. Here's how to win: enrol for the spinning correspondence course any time until 1 June 1987. Only students who enrol by 1 June will be considered. The prize will be awarded on the basis of presentation and quality of work submitted for assessment, and will be given early in 1988.

Brochures and further information on these courses may be obtained by contacting:

Correspondence Course Co-ordinator
Australian Flying Arts School
C/- BCAE
Victoria Park Road
KELVIN GROVE 4059.

DOLPHINS

Anyone living in the Angourie area of New South Wales may be interested in a new schooling concept being started in your region. Dolphins is starting a small community school to be run along the lines of the Fitzroy Community School in Melbourne. The aim is to provide not only the accepted curriculum subjects such as reading and maths, but also to teach skills pertinent to the area such as surfing and fishing. It is also hoped that parents will feel free to partake in all activities. There are plans to set up a shop to sell craft items and plants that the children have made or grown, thus introducing commerce to the pupils in a practical way.

For further information contact:

Dolphins Family Schooling
53 Pacific St
ANGOURIE 2464.

RAINFOREST MUSES

Kuranda writers have launched the world's first poetry magazine devoted exclusively to the theme of rainforests. Already they are being requested to include short stories and photographs as well as a section for children's drawings.

Called *Rainforest Muses*, the magazine will depend on membership subscriptions rather than on advertisements for its existence. An annual subscription of \$20 gives you priority publication of your manuscripts. This means that for the first time, beginner writers have the opportunity to be published for an investment they can afford. Membership and distribution will be international.

Send subscriptions to:

A. S. Smith
Rainforest Musings
PO Box 230
KURANDA 4872.

WINTER SCHOOL 1987

The Queensland Spinners, Weavers and Dyers Group Ltd are running their Winter School again at the Bardon Professional Centre, Bardon, Brisbane from 4-17 July inclusive. Advanced and beginner courses in weaving and textile use are being advertised now by this Queensland Group. Courses range from one day classes to five-day classes and some of the workshops include: Creative Knitting, Krokbragd, 'Dyeing with intent' and Natural dyeing. The cost is \$16 per day and the deposit of \$10 per course is due on 25 April 1987.

Anyone wanting more information please contact:

QSW & D Group Ltd
PO Box 362
TOOWONG 4066.

FOOD IRRADIATION — WHAT YOU SHOULD KNOW

There is a lack of information available about this currently controversial issue. For the past six months Awareness Education have been involved in a project to compile and submit a report for Consumer Protection Officers in different states. This report is available as a booklet from:

Awareness Education
PO Box 8290
Stirling St
PERTH 6000.

Information Available

A BOUQUET OF FLOWERS

A Bouquet of Flowers is a new newsletter that has been designed with all people interested in flower essences in mind. Here is a chance to learn and share information and experiences about the expanding horizons of flower essence work. Hopefully this newsletter will be the opportunity for many individuals and groups to let others know of their existence, whereby they can grow and expand in size and knowledge.

The cost for a full year supporting subscription is \$15.00. This will supply 4-6 newsletters and give you a chance to advertise your services. When subscribing please provide the names and addresses of anyone else you know who would be interested in the newsletter. Send subscription and articles to:

Julia Hyrnilo
Lot 1 Big Pats Creek Road
EAST WARBURTON 3799.

FIBRE FORUM

Lots of colour is now being used to illustrate the textile arts found in *Fibre Forum* magazine. Examples of articles in colour in the first issue for 1987 include, Silk Paintings by Deborah Laser; Bush Batik from the Northern Territory; Susan Denton's Barrier Reef Quilts and much more. The new look not only includes more colour but more information so don't delay, send \$15 for your yearly subscription to:

Fibre Forum
AFTA PO Box 77
University of Queensland
ST LUCIA 4067.

8TH NATIONAL HOMEBIRTH CONFERENCE

A most informative programme has been selected for this year's National Conference. Lectures and workshops will be on many aspects of homebirth including: The Value of Chiropractic in the Pre and Post Natal Period and Pediatrics, Alexander Technique, Metamorphosis and Men and Birth. The conference will take place at Bunbury Cathedral Grammar School, Bussell Highway, Gelorup, Western Australia on April 17, 18, 19. Accommodation and child care is available together with vegetarian meals at a reasonable cost. For further enquiries contact:

Mary Murphy: 097-252-153
or Karen Keeley: 09-227-8554.

COMPANION PLANTING

Have you ever wondered what vegetables to plant side by side in your garden, or why your potatoes are not thriving next to the pumpkins, as well as last year when you grew them under the corn? If your gardening problem is similar to these, you need a companion planting chart especially designed for you by the folk at Plum Products. Plants on the chart include most herbs and vegetables, fruit trees or bushes and some flowers. The price of the chart is \$3.50 (including postage) and is available from:

Plum Products
RMB 3635
GLENLYON 3461.

THE GIPPSLAND WRITER

JRP Publishers, who produce this quarterly publication, do so with the main objective of providing a means for local writers to have their work published. Jan Thomas, Anne McKay, Renee Wiltshire and Peter Lendon are the guiding force and have been a source of inspiration to the region's many writers, poets and artists. A year's subscription to *The Gippsland Writer* is \$13 and is available from:

JRP Publishers
14 Stirling Ave
TRARALGON 3844.

PEACE EDUCATION RESOURCE CENTRE

The Ministry of Education in Victoria is setting up this centre to house material related to peace education for primary, secondary and tertiary students. The officers of the Ministry are currently purchasing books, videos and curricula and resource material on such themes as equality, social justice, environmental sustainability and personal responsibility and in such subject areas as war and peace, arts and creativity, and literature. Should you wish to find out about the services offered by this organisation contact:

Ministry of Education Victoria
Second Floor
234 Queensberry St
CARLTON 3053.

SALT FORCE NEWS

This new quarterly newsletter is being produced for Government staff, community groups, and other people who are actively involved with salinity management in Victoria. Readers are invited to contribute or offer suggestions for articles that may be of interest to those involved in the fight against salinity on our land.

Please address correspondence to:

Mary Lou Considine
Editor, Salt Force News
Dept of Conservation, Forests and Lands
240 Victoria Parade
EAST MELBOURNE 3002.

THE AUSTRALIAN JOURNAL OF TRANSPERSONAL PSYCHOLOGY

This journal is for people interested in the transpersonal outlook and anyone who would like to know more about the basic unifying relationship between science and religion. For some time transpersonal perspective has meant finding a common truth in religion and science with the basis of all investigations being sincerity and open-mindedness. It is open to any investigation and yet because it is beyond boundary will defy attempts at rigid definition and ownership by any discipline.

For further information please write to:

Editorial and Subscriptions
PO Box 1912
WOLLONGONG 2500.

RENAISSANCE CENTRE

The Renaissance Centre has been designed as a unique commercial, educational and visitors' centre, with facilities of benefit to both tourists and the community. The centre is housed in the majestic Mount St Mary's Convent at Katoomba, which has been carefully restored for this purpose. As well as the centrally located visitors' information and booking centre, there is space for artists, artisans, craftspeople, professional people (doctors, architects, accountants, lawyers), teachers, computer specialists, landscape gardeners, designers, business people, builders, musicians, film makers, performers and anyone who has a creative approach to their work.

Activities and facilities will include tuition, participation workshops, gallery exhibitions, museums, sale of crafts and handiwork in the marketplace, specialty shops, teaching and studio facilities, professional suites, restaurants, health and fitness centre, picnic and recreational grounds.

For further information please contact:

The Information Officer
Renaissance Centre
227 Great Western Highway
KATOOMBA 2780
Ph: 047-821-044.

Feedback Link-Up Feedback

Dear Folks,

I feel I've left it rather too long to write in to GR since my last correspondence, but was compelled to pick up my pen and reply to some letters in GR 58.

My first reply is to Marie Cantrill. Gypsum (calcium sulphate) works by replacing the sodium ions present in clay with calcium ions which form larger particles and therefore a more loose soil structure, but it is not permanent and should be supplemented by organic material dug well into each tree hole. Also try and stick to trees that like clay soil.

To Alice Grigg — theology is a minefield where interpretation is concerned and especially in the realm of casuistry, however, I'll step into this one. Your refer to the sixth law in the Decalogue which I interpret to mean 'Thou shalt do no murder' and is a specifically ancient Hebrew law, however there was also the calendar of religious observances (read Luke 2:24). Jesus grew up in a devout Jewish family and would have partaken of the lamb in the Passover Seder every year as was the custom. The Essenes were a sect and not part of the growing Christian church and, in fact, kept themselves apart from society in their own little enclave. 'Let your light so shine before men . . .' they evidently did not. Finally, even if all people on this planet became vegetarian, there still remains the problem of feeding pet dogs and cats. Or are they to be slaughtered? The canine and feline digestive system can cope with small amounts of vegetable matter but must have high protein meat for health. Slaughtering will continue as long as we keep carnivores as domestic pets.

To Col Stathan. Yes I worked it out too! None of my cubs were into semaphore last year, but this year is a different story — now they all have their sportsman, athlete and swimmer badges. I also enjoy Ian Gunn's artwork in scouting publications.

Penny from West Rosebud has probably been swamped with letters from followers of Rudolf Steiner's biodynamic farming system but it seems to me that an article in GR by a biodynamic farmer would be of interest to all; what is in that stuff?

In closing I'd like to repeat the plea I made for bandannas back in GR 35 (Feb 83) which drew a generous response from our extended family. I am particularly nostalgic for the ones that had the spots in groups of three on a plain coloured ground within a border. They were of navy blue, red or yellow. The ladies at the Salvation Army thrift centre have managed to keep a navy blue one for me but that only in 15 months of collecting! Surely some of you have them tucked away in the bottom of your wardrobe. If you want to part with them please consider it. I received none of this style at all in my last request but some US ones instead. I am more than happy to pay your postage and also to do any favour asked within reason. I'm seldom without one around my neck and find them the most versatile accessory out. May the peace of God (however you perceive the deity) be with you all in 1987.

**Andrew Hardwick
'Studley Royal'
Devoncourt Rd
URALLA 2358.**

Dear Meg and Lisa,

Re letter from Alice Grigg, page 6 GR 58.

I was disturbed to see this kind of letter amongst the other crop of wonderful, helpful ones. What perturbed me most was the writer's statement that 'Christ never ate flesh and that He advises us to be vegetarian'. This is a distortion of facts to suit the writer's purpose of promoting her own cause. Not being a devout follower of any Christian denomination I at least have a standard Bible and suggest that Alice Grigg borrow one and study it more closely. She will find that as Christ was Jewish he had restrictions and acceptances of food placed on him from the Book of Leviticus, chapter eleven such as found in Sec. 2 and 3 . . . These are the beasts which ye shall eat . . . Whatsoever parteth the hoof and is cloven footed and cheweth the cud, among the beasts, that shall yet eat. Turning to the Gospel of St Luke in No. 8, Sec. 37, she will find 'Jesus sat at meat'. And further, if she wants Christ's own words, look at the Gospel of St John in No. 5, Sec. 32, for a reply to a request that he should eat something, he replied 'I have meat to eat . . . It is shown by these quickly chosen examples that Christ was carnivorous, so let's put a stop to the assumption that Christianity promotes vegetarianism and place it firmly back with Hinduism.

**Gerard Kelly
12 Yeerinboal Court
ARANA HILLS 4054.**

Dear GR Readers,

Although I have been an avid reader of this wonderful magazine from cover to cover for years now, only recently have I purchased *Grass Roots*. Now I have the chance to keep them and our family uses them for later reference. I'm always amazed by the friendship and warm extending hands reaching from the feedback pages. I'm hoping the same helpfulness will be extended in my direction. After spending six months at college I decided to take a year off study. Now in July I am returning to Brisbane (yuk) and leaving my niche in the country, and consequently I need a home in the 'smog'. So, I'm asking if there are any GR minded people in Brisbane around my age (16-30) that would be able to offer some decent accommodation and friendship. I'm a nonsmoker, don't drink, prefer vegetarian food, love all animals, don't take and am against drugs of any kind. I'm pretty easy to get along with and am not a Christian, but respect all views on religion and life. Of course I will pay full share of expenses and rent. Maybe even if there is someone interested in setting up 'shop' in Brisbane I'd love to hear from you too. In fact I'd love to hear from anyone interested in self-sufficiency and a natural alternative lifestyle around Brisbane. Hope to find a friend or two soon.

**Megan Whitfield
M/S 454
via LOWOOD 4311.**

Dear Grass Roots People,

This is the first time I have written to GR. I have been a keen reader for a couple of years now but have never been able to supply information for anyone's questions or had any of my own to ask of the feedback column. Well now I have. Amanda and I are hoping to buy some land in the next year or two, we don't know where yet. Our question is about keeping chooks and ducks on the property before we actually move there. I am not sure if this is a good idea or not but our plan is to build a large lake with an island in the middle (or maybe there will be one already there) with trees and shelter so that the ducks and chooks would be self-sufficient for short periods of time (1-2 weeks) when we are not there. We will be building our house during this time, which may take a year or more depending on how much time I have to spend working in Melbourne. The reason for this apparent hurry to get chooks and ducks is that we already have them, two ducks and 21 chooks who have been wearing out their welcome boarding with some friends of ours since we sold our own house and started renting again. A preferable solution would be to rent somewhere we could keep the chooks and ducks but it seems to be impossible to find somewhere like that near Melbourne. Anyhow, does anyone have any experience with keeping chooks in the above way? If so we would like to hear from you.

**Brian & Amanda
11 Valency Crt
MITCHAM 3132.**

Dear GR Readers,

Hopefully someone might be able to help me. My two children suffer from eczema. They are three years and 22 months, and at times the white blotches change to a nasty rough red, and have threatened to bleed. I've tried them on milk-free, yeast-free diets, cut out wheat, eggs with no avail. Some of the treatments I've tried are: chickweed, aloe vera, apricot kernel oil (in bath), but nothing seems to get rid of the eczema. Sometimes it seems to change all of a sudden and I wonder if stress can be involved. I'd appreciate hearing from anyone who might be able to give me some information or help. Also, I'd love to meet some new friends through letters. I'm 25, widowed and a born again Christian. I'll answer all letters.

**Diana Reynolds
108 Kathleen-White Cres
KILLARNEY VALE 2261.**

Dear GR,

Just a few sentences to say how much I enjoy reading this magazine and to ask for some help. What I'm looking for is any skin care treatments or medicines that are made with herbs. They can be tried and tested methods or just old treatments that you have heard about. You see I have recently started a herb garden and I am trying to find out all the different things that can be done with herbs so I would be extremely grateful for all assistance.

**Katrina Davies
Box 769
MT GAMBIER 5290.**

Feedback Link-Up Feedback

Dear Grass Roots People,

My husband and I have purchased a thirty-acre property with a small brick cement-rendered house, just outside of Henty in the southern end of the Riverina. We have so far improved the place from the overstocked dust-bowl we moved into, to a place with reasonable pasture cover; we have planted many more trees of all varieties and we are starting to reap the benefits of the work put into our organic vegie garden. Having moved from Robertson to this area we find we are not restricted so much due to the climate in growing any type of fruit and vegetables we like, bar of course the tropical and warm temperate climate plants. Does anybody have any information on organic control for 'red legged spider mite', and 'Patterson's curse'? Both of these things are a monumental problem in this area.

At the moment we have only ten chooks, a dog and a cat. We are interested in breeding coloured sheep in the future though attention must be paid to our fencing before we can commence this venture, and with fencing being so expensive it may take some time. Bob is busy putting in about 400 tagasaste trees and I would like to plant many more trees, but once again money is a problem. Presently we are both unemployed; there is not much work for newcomers in the area. The local CYSS (Community Youth Support Scheme) is seeing a lot of us and we are learning a few skills and crafts through them, things such as leadlighting, pottery and landscaping. The people are really nice too.

There is an old Fordson-Major petrol kero tractor on the property which we are looking forward to doing up. We're uncertain how old she is exactly but she looks about 30. If anyone has anything at all on these old tractors we would gladly reimburse the cost of photocopying, etc.

Are there any other people in the area of a peace loving nature who enjoy working with the land and not against it. We would love to meet you, so that we could share company, ideas and resources. We are both 25 years of age, drink and smoke occasionally, ride motorcycles and love life. Travellers are welcome to pitch a tent or park a van and stay a while if they have the time.



Sharyn & Bob Beckerton
PO Box 30
Olympic Way
HENTY 2658
Ph: 069-293-494.

Dear Readers,

Regards the JAKFRUIT article by Lindy Alba in GR 57. If you have any good recipes using the fibre, I'm sure readers (including myself), would like to try them. My jakfruit and chempedak have only been in for a year but I'm looking forward to their first crop. Jose Doak, of the Rare Fruits Council, Townsville Branch, has some very nice recipes. To avoid the latex problem, she smears vegetable oil up to her elbows before the 'opening ceremony'. Whether you use plastic bags and rubber bands, plastic gloves or vegetable oil, it doesn't matter... as long as the latex doesn't get onto your skin. If GR readers would like fact sheets on any rare tropical fruits, they are readily available through the Secretary, Rare Fruits Council, PO Box 707, Cairns, 4870 and cost \$2 including postage.

Denyse Bonney
14 Jordan St
OONONBA 4811.

Dear Readers,

My husband and I are extremely interested in developing a permaculture system on our nine-acre holding. We are seeking to make contact with anyone who is or has established a permaculture system and lives within a three-hour driving radius of Picton. We would very much like to visit a property under permacultivation.

Judith Collins
PO Box 163
PICTON 2571.

Dear GR Readers,

I am currently putting together handmade craft articles, to open a stand at the local markets and was wondering whether any GR readers have any ideas or patterns for quick and easy items that I would be able to sell. Also a recipe for handmade soaps and how to go about drying and scenting, and the best types of flowers to use in a potpourri.

Jane Willis
3/102 Chandler Rd
NOBLE PARK 3174.

Dear Grass Roots Readers,

My wife Majorie, daughter Rachel, and I live in an old railway cottage with a few acres of ground. Our relationship with our Heavenly Father and His Son is the most important aspect of our lives. We have a good garden with excellent soil that is constantly being enriched with poultry droppings, as we breed several breeds of show quality poultry. We also keep dogs, cats, ducks, geese, rabbits (Flemish Giants), and registered Toggenburg goats. We are into healthy living, and have achieved a 75 per cent self-sufficiency in food in only two years with limited resources. We are always building facilities and trying to improve our efficiency and viability. Presently we are looking at improving our fruit production with help from Arthur (father-in-law), who is recognised locally as an expert in fruit and vegetable growing. Recently he has turned his hands to growing grain and having Jean (mum) bake bread. He finds growing his own very satisfying and I am learning all I can from him, not to mention his generosity with seeds, cuttings and so on. If any of you have recipes for the use of amaranth, please pass them on, they would be very much appreciated.

Majorie is a textile artist of some renown, but finds mothering our 18-month-old Rachel limits her creative time and so cannot work much these days. Income is patchy at best, but self-employment seems the only way to have the flexibility needed to sustain our lifestyle. Pressure cleaning, landscaping, gardening, animals, and building pens, shelters, kennels, greenhouse and shadehouse kits, and anything else that comes our way, all add a bit to the kitty. Thankfully we manage.

It seems a common cry in the Feedback pages of GR, that many of us aiming to be largely sufficient would be pleased of help. It is always warming to read letters from travellers willing to lend a hand. If anyone with their own accommodation is visiting Tasmania, and would like a place to park or pitch while perhaps familiarising themselves with the area or shopping for a patch of their own, we would be happy to consider an arrangement in return for some practical help. A short term stay by other such travellers is also welcome.

David Lanham
'Little Rhode Island'
Box 41
RAILTON 7305.

Dear Readers,

We are planning to move to Queensland in the near future and are particularly interested in the Gold Coast's hinterland or Toowoomba in the Darling Downs region because I understand they have milder summers which would be nice. Then again, I understand they have cooler winters and as we do not wish to defeat the purpose of moving from the south, I was wondering if anyone can shed some light on how cool or cold the winters are, and how long the cool weather lasts for. We are also interested in what fruits and vegetables will grow and what will not in these two regions. Can anyone provide some information?

Michael Wallen
81 Oak St
BEAUMARIS 3193.

Dear Grass Roots Readers,

Like many GR readers we'll eventually leave the city and make our home on the north coast of NSW and hope to become reasonably 'self-sufficient' growing our own vegies and fruit trees. We've read many stories of people who are self-sufficient, but how many would be truly 'self-sufficient' and not rely on the dole to enable them to support themselves financially. I believe many people would be totally self-sufficient but how many are kidding themselves?

Fred Aafjes
2/739 Pittwater Rd
DEE WHY 2099.

Dear Grass Roots,

I am looking for small, cute, alternative kit house building plans, and information. I am planning to live and build on land at Mt Mellum between Landsborough and Maleny in SE Queensland. There are plenty of stones for the base and foundations and possibly a wall or two. Perhaps these could be incorporated. Anyway details can follow. Hope you can help, peace to all.

Nik Bristed
42 Sexton St
PETRIE TERRACE 4000.

Feedback Link-Up Feedback

Dear Grass Roots,

Today we take possession of our 'dream' but can't live on it permanently yet because it has to be paid for. We will spend weekends and holidays on it. It has taken 20 years of looking, saving and moving through Qld, NSW, and now we have it we are not sure how to handle it. It's an old house on 14½ acres. The advert was in your mag. It needs a lot of work and has no sheds. By the time it's paid for we should have some fruit trees growing. We can't have any stock yet because we want to be able to look after them (don't know how anyway). After working on hire house gardens for so long it will be nice to have our own soil. I just hope we are not too 'old'.

Rosemary, Michael, David, and Michelle
PO Box 216
ZEEHAN 7469.

Dear Grass Roots People,

I live in suburbia and my ongoing realisations tell me it's time to move on. I am genuine, a vegetarian, would like to live in peace and harmony with nature, and like the idea of spending more time on people than things.

I would like to live simply, naturally, and work towards being as independent of mainstream ways as I feel in my heart. Also, to learn about organic/biodynamic gardening, alternative building and energy systems, animal care, and pottery. I am thinking of travelling in 1988 and would like the opportunity to earn some money and live as I have described in the meantime. If anyone feels they can help my situation, I would be grateful to hear from you. I am asking a lot, but will never know unless I ask. Also, if anyone in a similar situation would like to make contact for friendship and support, I would like to hear from you.

Brett Adams
267 Galaghers Rd
GLEN WAVERLEY 3150.

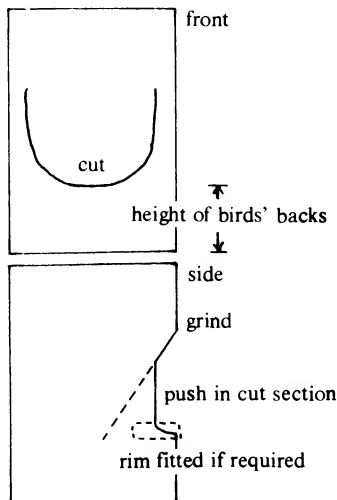
Dear Grass Roots,

I would like to pass on this tip for a poultry feed hopper for those who find it necessary to have bulk food available for their birds. Obtain an empty drum, 5-44 gallon drum dependent upon number of birds to be fed. Drums with crimped on lids are easier to fill; however this can be overcome. Clean drum and arm yourself with an implement to open it. I used an oxyacetylene torch but a chisel hack knife or tin snips will do the job. Remember to ensure drum contains no explosive gases before commencing. As a safeguard it can be filled with water first.

Starting at the bottom cut a slit to resemble a big happy smile around the drum and up the sides. The bottom of this cut should be the same height as the birds' backs; this helps to cut down on wasted food.

Now push in the section of tin between the cut top tightly to crimp and ensure it stops in. If drum does not have a crimped top, cut off half of the top which will now require some sort of corner in the form of a piece of board or old tin or a 'Chinamans hat' for the really enthusiastic.

Fill up with required feed and place in the run. If birds throw food around too much a rim may need to be fitted to prevent this.



David Harnett
HMAS MORESBY
PO Box 228
ROCKINGHAM 6168.

Dear Readers,

I have been reading GR for a few years now and always enjoy it immensely. It can have the effect of pulling me up from feeling down. I have had a dream of living on the land since I was a child. My parents were country people and the stories they told always left a good feeling inside. My husband, myself and two small children have been travelling throughout Australia now for 18 months. After our travels we were going to find some land and do our own thing. I now find my husband wants to keep on the move while I am ready to settle, so we have decided to go our separate ways. My problem now is I don't have enough money to set myself up solely. I am looking for a place where my kids and myself can put down roots with some acres for privacy and to do my own thing and maybe communal land for farming — I have had little experience in farming but am good at following instructions and very willing to learn. I am looking for a place within three hours driving of Newcastle. We are a quiet family who are into wholefoods but not necessarily vegetarian. My children are 4 and 2 and Luke is due to start school in 87. I am not into alcohol or drugs but do not care what others do. My name is Jan and I am 37. I like reading, sewing, knitting, walking, gardening and of course socialising. If anyone would like to write and tell me of their venture or even have any suggestions for an alternative, I will write back.

Jan Dall
C/- 135 Wilkinson Ave
BIRMINGHAM GARDENS 2287.

Dear Grass Roots,

I was hoping you could help me with some information on the following specific books. I'll give you all the information I have on them. Robert McCarter, Ph.D. and Elizabeth McCarter, Ph.D. 'A Statement on Vitamins', 'Vitamins and Cures and Other Unnecessary Supplements'. *Health Reporter* 11 (1984):10, 24. Joyce M. Klin 'Lesson 55, Prenatal Care of Better Infant and Maternal Health and Less Painful Childbirth'. In the life science health system, by T.C Fry Austin, *Texas Life Science* 1984. Robert S. Mendelsohn MD *How to Raise a Healthy Child in Spite of Your Doctor*. Chicago: Contemporary Books Inc. 1984: 46, 47. *The Vegetarian Child* by Joy Gross, Secaucus, New Jersey, Lula Stuart, Inc. 1983: 55, 56. Herbert M. Shelton, Ph.D. *The Hygienic Care of Children*. Bridgeport, Connecticut: Natural Hygiene Press, 1970. *The Hygienic System Vol. II* Herbert M. Shelton. Cyborski, Cathy Kapica 'Protein Supplements and Body Building Programs', *Journal of the American Medical Association* 240 (1978) 481. Any information on these books I would be willing to pay for. We've enjoyed GR for the past year and look forward to reading many more.

Mandy McDonald
Wahgunyah
GLENDON BROOK via SINGLETON 2330.

Dear Grass Roots Readers,

I would like to move from the city to the Sunshine Coast in Queensland. I cannot afford to pay rent, so if possible I would like to do childminding or caretaking in exchange for a granny flat or separate accommodation. I would be very grateful. I am 28 years old and I have a young son who is eight months old. I love children and I am honest, reliable, trustworthy and will provide references if necessary. I am a lone parent and would also like to communicate with others in the same position, so we could exchange ideas. Hoping to hear from genuine people as I would like to move in the new year. Anyone seeking a good friendship, please feel free to write. I will answer all letters.

Lone Parent
7/10 Croydon Rd
WOODRIDGE 4114.

Dear Grass Roots Readers,

I wonder if there is anyone in the Dalby, Jandowae, Kingaroy or Chinchilla areas who would like to get in touch with me. I am 59 years old, a pensioner and separated from my wife. I would like to contact someone in a similar situation or a widow or anyone who is lonely like I am. I am trying to sell this house and have to split it fifty fifty with my wife but houses seem hard to sell at the moment. Anyway, hoping to hear from someone in the district.

Doug Devey
58 Dalby St
JANDOWAE 4410.

Feedback Link-Up Feedback

Dear Readers,

A friend of mine is engaged in an organic gardening project in Indonesia 'Bina Desi'. Perhaps someone in a tropical area of Australia also into organic gardening would be kind enough to write to her as a penfriend? The address is: Sister Carol Keaney, Yayasan Bina Desi, Tamar Ade Irina Swryami 10, Semarang 50131, Central Java, Indonesia. Anyone visiting the area would, of course, be very welcome to drop in.

Now a little about 'Bina Desi'. I quote from a leaflet sent by Sister — whom I met while in Timor recently. She is quite young, an American and very with it and our conversation centred on spirituality, compost and earthworms in an equal mix. 'Bina Desi is a private institution neither involved in politics or financial gain. Bina Desi strives for an integrated process of human resource development through guidance and support to those leaving for new rural areas as transmigrants or for those returning to their original villages . . . women as well as men are encouraged to take part in this programme.

The curriculum consists of three self development subjects, and community health training which includes use of traditional herbal medicines, nutritious cooking using simple ingredients, home gardening, animal husbandry theory and practice of planting vegetables, fruits and herbal medicinal plants, poultry raising, also production and use of simple slow burning wood cook stoves, food preservation by simple methods, and any other skills needed in a particular area. It is interesting to note that participants in the three months' scheme as well as having character references and good health should have 'social outlook and social courage'. (It sometimes requires courage to advocate and introduce change! Get me near a computer and I mutter 'If we needed computers why would God have given us fingers and toes to count on!') I wonder would any young Australians like to participate in this course? The cost is minimal and it could be a very worthwhile experience. Language is no barrier, much English is spoken, and Indonesian is not difficult. Finally — can anyone draw a diagram of a chip heater, a hand operated washing machine, and any kind of solar heating apparatus for Bina Desi and also for Brother Alo Daproma O.F.M., Pastor of Dia Tigi, Paniai, Kotak Pos 69, NABIRE, Irian Jaya, Indonesia. With many thanks.

Vonny Helberg
C/- PO
STRAHAN 7468.

Dear Readers,

We've been living here on our 25 acres for just over two years. We've often wondered during those years if we made the right choice. I mean, there must be easier ways to get milk than chasing old 'Bessie' around to catch her before locking her up, and it must be easier to buy the vegies from a shop instead of all the weeding and so on that goes with 'growing your own'. Well, yes, they probably are easier, but not as satisfying or fun. I do hate weeding and we swear at the cow sometimes, but we're happy and wouldn't change anything. It sometimes takes a while to settle in. We're only as self-sufficient as we want to be. We still have all our comforts, power, television, video. I even want a microwave oven and, horror of horrors, I use disposable nappies on my babe. Everyone must do what suits them best. Joe brews his own beer and I've just got a bottling outfit for my excess vegies. We're pretty average. Now, if after all that, you'd like to give us a ring or write, we'd love to hear from any GR readers. They seem to be pretty scarce up this way. Joe is 30, me 28, Rebecca 8 and Sara 10 months.

Sharon Scott
'Glensvale'
MS 979
MONTRO 4630
Ph: 071-672-271.

Dear Owner Built, Mudbrick Home-dwellers,

We are embarking on our own dwelling spring 87 and would love to share your experience and heed advice on passive solar design, 12-V power, septic versus composting toilets and so on. If you have some knowledge to offer us (either over the phone or we can make a short visit) we would be most grateful. Southern NSW and anywhere in Victoria are OK for us to visit.

Vivienne Cox & Doug Renno
RMB 2875
MYRTLEFORD 3737
Ph: 057-535-264.

Dear GR Friends,

Congratulations and thanks must surely go to everyone involved in contributing to, and producing such an inspirational and informative magazine. Knowing that we are not alone in our search for a more fulfilling lifestyle, and sharing with each other through these pages gives us unity and strength. This year will find me travelling our beautiful country in search of a happy, peaceful environment. I am looking forward to meeting people and making friends along the way. I would be very grateful to anyone who could offer me shelter, or a place to stay for a while in return for pleasant company and a willing pair of hands to help about the place.

Perhaps there is a lonely GR lady who would like to swap letters. Your replies would be most welcome. I am a slim, clean and healthy, blonde, 33 y.o. Virgo guy, with a good knowledge and experience in alternative living. I am not into alcohol, materialism or life in the fast lane. I relate to honesty, warmth and affection. My interests include nature and the environment. Should anyone be travelling to Flinders Island, I would welcome a visit, and offer shelter and assistance to those in need, also I can send more information about this area, and on 'Alcheringa Nature Reserve' (a project of mine) should you desire. These islands provide peaceful environment and natural beauty that is equal to anywhere. Until we meet, keep smiling. See you soon.

Stephen Rhodes
PO Box 120
WHITEMARK
FLINDERS ISLAND 7255.

Dear David and Meg,

Hi there again and how are you all at GR keeping? We are all rather fine and well, and enjoying our travelling around.

A lot has happened since I last wrote earlier this year. We left Tongio West, Vic for the warmer climate early May and by July we were in Queensland. We left our house in the care of a real estate agent and packed our belongings in tea chests and stored it all in one bedroom. Now in October it has been sold and we are free to pursue our search for land in Queensland. We have been travelling pretty constantly over the past five months and have seen many lovely places we like.

We love travelling and had been travelling for many years before our stay in Victoria. The children are back on correspondence school through Melbourne and doing extremely well again.

In September after a good stay in Cairns we drove over to Darwin. We stayed near where we used to live on the Darwin River and went to Darwin a couple of times. We visited and talked to old friends and workmates. The city has grown again during the past three years and was not as inviting as previously. Hustle and bustle, people everywhere, not very personal anymore. We looked at quite a few pieces of land but they had lost their appeal. So after a couple of weeks there, we returned to Queensland, feeling much better. I am writing this letter from a beautiful place on the Bruce Highway about 30 km north of Townsville, called Bluewater Creek. We have stayed here many times on our travels and it must be rated as one of our favourites. Free camping for a few days, facilities, showers, and a lovely creek to swim in. We have found some wonderful free or cheap places to stay. So if anyone would like some information on travelling Queensland or just help with travelling, they can write to us C/- the address below. From here we are going south to the Bundaberg area as we have received information on cheap land and housing there.

Bill and Carolyn Beard
c/- 15 Sweeney Dve
NARRE WARREN 3805.

Dear GR Readers,

Is there amongst us a flute player — keen on Dante Castiglione, backgammon and bodily aware — who would like to experience paradise on a tropical island (much the same as paradise anywhere else)? A lady tempered with experience and the practical. They have embargoed all imports of fresh foods onto Bouganville hence the essential nature of the lady. Paradise becomes quite ordinary after some time unless experienced with another, this I'm sure many readers will agree. My Sydney address I enclose for ease of readers' communication.

Mike
PO Box 192
Holme Building
SYDNEY UNIVERSITY 2006.

Feedback Link-Up Feedback

Dear Friends,

My family and I live in a small house on 400 acres in Willow Grove. We don't own the farm (unfortunately) but it belongs to my sister. However, we are very fortunate in that we have the task of looking after the farm whilst they are not about. You see my sister and her family live in Melbourne and are only up on the farm at weekends and so the rest of the time the place is ours. We have been living here for five years now and prior to that we used to live in Ferntree Gully, Vic. However, if we can help it, we will never again live in the city — to us country living is the best.

This is traditionally dairy or beef cattle country but we were sheep farmers. I said were because at present we only have eight cows and four calves of our own and no sheep as we sold them all last Christmas and this year we have only been taking in agistment. Our current thoughts are that we will try to run about 400 Drysdale for their carpet wool. On the property we have our own airstrip and my brother-in-law owns and operates a Cessna 210 aeroplane. They have a large hangar in which the plane is kept. We also look after another plane — a Victa Airtourer for a friend who lives in Trafalgar. Some years back we dammed up one of our natural valleys and this produced a rather large dam. I cannot tell you the capacity of this dam as I do not know but the track which follows the water line around the dam is exactly one mile long. Not long after the dam filled we seeded it with rainbow trout fingerlings and plan to restock again with fingerlings from Noojee. Each summer we water-ski on the dam and sail our little eight-foot Sabot sailing boat. To us this place is really a fun park. At present I work three days in Melbourne with my brother and the other two days and weekends on the farm. One of these days I may be able to find enough work locally to enable me to stop travelling to Melbourne, but for the time being the daily travel by train does not bother me.

One of the main reasons for writing to you is to see if anyone can help my wife with a problem. She regularly suffers with mouth ulcers and although she has been to several doctors, there does not seem to be any real cure. These ulcers occur regularly and are so painful she often has to drink through a straw. Needless to say, when she has one under her denture the pain is even worse. Many friends have given advice on how to cure them but nothing so far really helps. I would love to see her rid of these things or at least to obtain some relief from the suffering, so if anyone has any ideas or advice we would be most grateful. Also if anyone would just like to write to us we would be pleased to answer. My name is Glen (42), wife Joanne (38), children Kim (13), Guy (11), Glen Jnr (9) and Shane (3½). When we came to the farm five years back we knew nothing about farming at all but since then have learnt heaps. I am doing a four-year external course on farm business management out of Glenormiston Ag. College, and have just completed my third year. I love the course and am certainly glad I chose it.

Glen Hopkins
RMB 7590
MOE 3825.

Dear Grass Roots,

I have just moved to Busselton, a lovely seaside town in Western Australia and know hardly a soul here. I would love to meet and share with some GR people in the Busselton, Bunbury and Margaret River districts. If anyone is building a house, of any type, in these areas, and would like a 'free' hand on weekends, I would be delighted to assist in any way I can. I am contemplating building a house sometime in the future and would appreciate all the experience I can acquire. Also I am eager to develop more penfriends: I simply love receiving letters. So if you would like to correspond I would be delighted. All letters will be answered and overseas penfriends are very welcome. My interests include learning to enjoy every moment, friends, improving my health, farming, swimming, windsurfing, making necklaces, learning to sail, extended families, reading, alternative medicines, letter writing, learning new skills, dancing, camping, psychology and change. I simply love reading GR. Thanks for a terrific magazine. It has provided me with loads of information. I especially enjoy the feedback section — it's tops. Hoping to hear from someone.

Glenda Kingdon
Lot 15 Barracks Drive
Pigeon Grove
BUSSELTON 6280
Ph: 097-524-013.

Dear Readers,

We have just discovered *Grass Roots* (No 58) and it couldn't have come at a better time. We (me Jan, him Don), have thrown caution to the winds and decided to buy 6½ acres at Black Butt, near Burnett, Qld. It will be at least three years before we can move up there as we want to get a fair bit paid off the land and also I have just started legal action for a back injury. As everyone knows, that can't be hurried and also I face a lot of treatment before I can be fully mobile again.

We would love to hear from any GR folk in that area who can give us some tips and good advice. We hope to be self supporting so we'd like to know what to grow, what sort of pests we'd have to contend with, what the rainfall is like, would it be enough to get by with rainwater tanks for drinking and domestic use and so on? We do have a creek running through the end of the block and intend to widen and deepen that, plus make a dam. At present there is no power to the block but by the time we get there we hope it will be within reach. So far we haven't decided much more than growing vegies and fruit, having a nice big chook run and my cattery. I breed Tonkinese cats in a small way and hope to expand that side and perhaps open a boarding cattery. Hints please on how to make the cattery snake and cane toad proof. The block is mainly grass with beautiful tall gums which we want to leave and also plant trees to encourage native birds. Before anyone throws their hands up in horror at the thought of cats and birds, Tonks are very intelligent cats except when they see a bird; they promptly start to shout at the bird to stay there until they reach it and make such a noise about it the birds know and fly into the nearest tree. My little tip, if you have a bird feeding table or intend to make one and don't want the local moggies to think it is a free take away service — before you nail the table onto the upright support, place an old bucket upside down on the top and then nail on the table. When puss tries to sneak up and climb the support it ends up in the bucket, feeling very foolish. It is also a good idea to make a frill of bird wire about 18 inches wide and tie it about 5-6 ft from the ground around tree trunks and then cats cannot climb up the tree after the birds.

Meanwhile, back at the block, if I receive a reasonable amount of compo for my back injury we will probably buy a kit home as that seems to be the cheapest way to buy a house, if not we would like to build a mudbrick house. Could anyone tell us if that would be possible in that area? Don is pretty handy, he runs a handyman/gardening service here, he's also been an opal miner and dug out a home from his mine, worked on stations as a cook and general hand. However, we are in our 50s now so we don't want to kill ourselves with overwork before we can sit back and enjoy the peace and quiet. Before my accident I was quite good with my knitting and sewing machine, just at the moment however I cannot sit at the machines and have to spend most of my time flat on my back which is very boring. I hope to be able to use the machines again but in the meantime I'd be glad to hear any suggestion on how to fill in my time. I did teach myself to crochet, but after five rugs the novelty wore off. At the moment I'm trying my hand at potpourri as I have about 30 rose bushes and other flowers in my garden.

Hope to hear from plenty of GR people with helpful ideas on how to make our little bit of heaven productive and how to put a roof over our heads without breaking our necks or hearts.

Jan & Don
741 Nepean Highway
MORNINGTON 3931.

Dear Grass Roots,

I am presently preparing a new manuscript for my publishers titled 'The Grocers: Country General Stores of Australia', and I write to seek assistance from more elderly readers, who may either have memories of 'the good old days' or have actually worked in the grocery and hardware trade before multinational supermarkets. The period I will mainly be dealing with is 1900 to after World War 2, and I would be interested in any written details, access to copying photographs and documents. All material and letters submitted will be replied to, and full acknowledgement in the book will be made. Readers have helped me in the past, particularly with my last book on 'The Swagman', which is now completed and with the printers. It should be released mid 1987. I look forward to readers' good response again and details and their memories of an era now fast becoming extinct — the small family grocer.

Allan M. Nixon
10 Loeman St
STRATHMORE 3041.

Feedback Link-Up Feedback

Dear Grass Roots,

A lot has happened since I wrote to you last, but first I'll tell you what happened to me today. I was sweeping the concrete foundation for the new house when a loud ruckus came from the new duck shed where Bluey (the female) duck had been sitting so faithfully on ten eggs, always accompanied by the drake (Beagle). I ran with broom in hand, my shoes flying and found Beagle standing back outside while Bluey was fighting with a huge goanna. I hit it with the broom and he went running out past me. I jumped six feet in the air. What a mean looking critter. He ran up the nearest gum tree and I couldn't reach it with the broom. There were four eggs left unbroken. Bluey was frantic and as she touched one of the eggs it exploded. It was rotten and stinking yellow muck went all over her and me. She grabbed the shell and raced it outside. She washed her beak out quickly in the water trough. I washed the other three eggs and walked to the hut to get some fresh straw for them. I had no bullets in the gun otherwise I probably would have shot the goanna. I yelled at it to leave my ducks alone. When I got back a kingfisher flew at it and suddenly the bush was alive with kookaburras cackling and attacking the goanna till there was blood pouring out of its back. He tried frantically to get away but they kept attacking. Including two or three small blue kingfishers. I was standing right under the tree and couldn't believe it. I have seen quite a few goannas here but never as fast as this one when it finally ran away with the kookaburras still attacking it on the ground. I thought it was marvellous.

The broken eggs were nearly fully formed, and I thought that tragic. So did Bluey but she built a new nest for the three remaining eggs. I hope she gets at least three ducklings for her efforts! I was surprised at Beagle's cowardice seeing as he has reigned supreme since they've been here. He has won every fight he's had so far. The big red rooster was badly shaken along with the neighbour's male turkey and the geese and even six-week-old ducklings.

My garden has provided us with delicious vegies for months now. The corn on the cob didn't need to be cooked. Yum, straight off the stalk. Beetroot I didn't know could taste so good. I'd only ever eaten them out of a tin. Lettuce, cucumber, tomatoes, pumpkin, carrots, shallots, onions, strawberries, parsley, capsicum, zucchinis and silverbeet. My husband even became enthusiastic and planted potatoes, pawpaws and tamarillos. I wonder if the tamarillos will ever bear. I bought one at the supermarket and all the seeds germinated. They are growing quite well. A big blow a few weeks back took a lot of the very young citrus fruits but I still have two lemons and four oranges growing. My expensive grafted avocado died and also the grafted Bowen mango. I'll be old and grey by the time I get good fruit bearing trees but I'm hanging in there.

Alan was like an expectant father when the chook eggs he'd put under the duck were due to hatch. She must have known they were not her babies because she would squash them with her weight. One he managed to get away from her and put in his shirt to keep warm. It was doing all right until it fell out of his shirt onto the concrete. We ended up with two little bantams next to the stove with hot water bottles changed at regular intervals. He fussed over those little chicks and it was touching to see the look on his face when they survived. We were so happy when two of the new chooks went clucky and decided to let nature run its course. It's great to see one hen with five chicks (two lost to predators) and one hatched nine. Alan built a special brood pen for them and his work paid off. We have come to the conclusion that when you keep animals, you must provide good shelter for them. It was funny though when the geese arrived to a brand new house for them. We let them out after a week and no amount of cajoling would get them back in. They sleep at the creek at night and they love it there. We now have two pairs but as for being watchdogs, no way. Not yet anyway. They are beautiful animals to watch and I hope to breed some more. When the time comes to put one on the table I hope I don't feel too bad. I believe they are delicious, (Fair go guys, they've doubled the feed bill.)

Lenie Morcus
C/- Post Office
BUNDBERG 4670.



Dear Friends,

I've just in the last few months been reading GR magazine and really love all the letters and stories. My husband and myself both grew up in a grass roots lifestyle and it was only in later years when the war was on that we settled down and unfortunately came to live in large country towns, had children and with school work, etc., never made it back to country life and now we are in our older years and in a pension housing flat feel sad as it does not seem likely we ever will. But we would dearly love to have a holiday of a few weeks on a little farm where we would eat fresh home-grown food. We would be well prepared to help with light jobs around house or farm. My husband is unable to do very much but can water the garden, and do little sit-down jobs. I'll do almost anything and also pay for food. We don't smoke and don't drink except socially. Also would there be any GR readers living near Albury who have home-grown foods, milk, cream we could buy from them instead of buying in shops. We have a railway free pass to travel in NSW. Keep up good work Meg. We love Shepparton and often take a trip over that way. Would like to have a little place to live there. Also hope I can pal up with friends of GR. Hoping to hear from lots.

Eva Stanley
998 B Corella St
NORTH ALBURY 2640.

Dear GR Readers,

Hello to you all, and thank you to everyone who contributes to this section of a great mag. It's always the first read and I am often inspired to write, but never have before now. What I'm chasing is a home for a lovely part-arab filly. She is black at present, but will probably turn out steel grey as her mother is grey. She is two and has not been handled much although is quite good once roped. Approximately 15 hands. I would like to give her away as I have too many horses for my needs, but only to some kind horsey people who will have her broken and use her. Pick up would be your own responsibility because I have no float. Her birthday is September 12. We also have a litter of purebred cattle dogs and have sold all bar three. They have to go — my daughter's toys have grown legs, not to mention shoes and any things else liftable. These are to give away to good people with some space. They are nine weeks old. Would love to hear from others setting up land with any good ideas as we have some to share also. We have 52 acres that had nothing on it a year ago. Now we have 500 Jaboticaba trees doing quite well, a shed and some fencing, plus a large chook pen, horses and cows.

Jenny
MS 115 Upper Widgee Rd
GYMPIE 4570.

Dear Everyone,

In October I placed an ad in Grassifieds for a mate. I had lots of phone calls and letters and I had some beaut conversations. Anyway I wanted to say thanks to everyone who contacted me — I'm writing letters to anyone who sent me a letter and a photo. It's funny how, when you have to tell a perfect stranger about yourself, you begin to look at yourself a lot more. You know what you're like in your head, but to accurately put it into words is very difficult. A few words and phrases have come to me in the last week or so that might describe me a little better than the ad. Here goes: spontaneous, effervescent, intelligent, highly sentimental, fiery and determined, analytical, articulate, daring, like a challenge, like unusual people, individualistic, passionate about things, ideas and people, very loving and openly affectionate to those I care about. People I don't click with would see me as cool and aloof and rather reserved. The people I feel comfortable with see the many sides of my personality. To sum up I guess I'm a handful and I would like to find a helluva guy to match me. Most men are either too tame, or too uncomplicated or too easy-going. My star-sign is Virgo on the cusp of Leo and I am compatible with water signs, such as Cancer and Scorpio. I love home life, cooking and being domestic, but not continually. I need lots of variety in my life. At present I work two days a week, stay home one day and pursue sport two days. It's a nice balanced week for me because when I'm home, I really love being home — I experiment with cooking and generally potter about. I enjoy going to work and maintain my enthusiasm probably because I'm not there every day. If there are any other GR men between 30-40 who think I sound like their sort of lady — I'd love to hear from them.

Carie
PO Box 712
NOWRA 2541.

Feedback Link-Up Feedback

Dear Earth Lovers,

I am a 34-year-old, city born, bred and bound man. I am living here in the inner city under sufferance due to the fact that I have a steady, if low-paid job, which I need, to keep paying off my piece of paradise in the country.

The topic of which I write, is realising the dream of owning and working your piece of earth. No one can really own land, which was created long before we were ever born, but one can purchase the right to work a chosen piece of earth, without fear of being told to move on.

For every person who dreams and then turns their dream into reality, there must be several others who don't. It is to the others that I will try to give my advice, step by step, in order that they too can realise their dreams. Firstly, please let me make it clear that if you do eventually purchase that piece of ground, sitting in the sun all day, as you would on a holiday, or in your leisure time, is definitely out for probably five or six years. Don't be daunted by the thought of hard manual labour, but it will be a fact of life once you make the big move.

Anyway, first things first. If you are working steadily, but stony broke all the time, you will either have to make radical changes to your lifestyle or win Lotto. You must start saving money immediately. This is how I did it.

Firstly, I sold my car and put the money in the bank. This created the problem of travelling to and from work by public transport, so I moved to the cheapest, dingiest little one-roomed flat, 10 minutes walk from work.

At that stage, I drank to excess (seven days a week). I gave up drinking through the week and eventually on weekends too until now, I rarely drink at all. This created the problem of what to do in my leisure time, so I took to (and still do) reading a book in the park, watching TV, just going for a walk, visiting friends, etc. Beer is so expensive, I saved heaps.

I have been a vegetarian for about 12 years, so to those who eat meat, you will save a considerable amount of money by giving up meat, but as I have no knowledge of the health aspects of this, it must be your own decision. All I can say is I am healthy enough without it. Take a cut lunch to work.

Next came the cigarettes. I gave them up for 18 months, and then started again. Although I put on a bit of weight when I gave them up, I felt much better, so it's a worthwhile exercise.

If you move away from where you live to be closer to work and for cheaper accommodation, you will be isolated from your friends. The first thing to pop into your mind is to put the telephone on. Put this notion out of your mind as soon as it pops up. You are now in the unenviable position of having no car to visit and no telephone to ring your old friends. I believe you'll find that the friends who do make an effort to visit you are the true friends and of course, you can reciprocate by making that extra effort to visit them.

Buy your clothes and furniture from second-hand shops. Positive thinking dictates that you are going to realise your dream, so keep furniture to the bare minimum. The money you save goes towards your deposit and you don't want the extra cost of transporting semi-trailer loads of goods when you move.

This brings me to the subject of electrical appliances. They will be useless to you in the bush without electricity, so a television and 'tranny' (haven't heard that word for a long time) will just have to do. Stereos, videos, etc. are definitely out. Conserve electricity. Turn off lights, if you are going away for a week or two switch off hot water, don't be tempted to use a heater in winter.

Now, all of a sudden, you get paid and by the time next pay day rolls around, you have heaps of money left from the last one. The banking system must be implemented quickly to eradicate the temptation to buy all those things you've always wanted. Account No 1 is ideally taken straight from your pay and banked for you. The amount is well below your banking capacity. Perhaps \$30 or \$40 per week. This money must not be touched under any circumstances, so don't make it too much. Account No 2 is one where you deposit the same amount or slightly less, only to be withdrawn in an absolute emergency, i.e. one of those little gems the capitalist system insists on throwing at you like a dentist's bill, a court imposed fine, etc. Account No 3 is yours for day-to-day bills, spending money, holiday etc. Actually, holidays will be spent on your land once you have put the deposit down and this saves you heaps.

After you have banked at the three different institutions for a while, seek an interview with the manager and tell him exactly what you are

doing and why. Tell him about the money you have in the other banks or building societies as a prelude to seeking finance. Know how much you can borrow before you start looking for your land. When you have the deposit or close to it, it's time to find what's on the market. This is costly because of the miles you must do to inspect rural land. I didn't have a car, so I borrowed my brother's car. I looked high and low to no avail. Eventually, I answered an ad in the paper from a development company who flew and drove me to the land and I bought one of their blocks.

There is a lot of talk about how bad developers are and I agree that they must be watched closely, but there are benefits too.

One benefit is that their estates are usually of 30 or 40 blocks, which means in the future, you'll have about 100 or so near neighbours, most of whom will be in the same boat as yourself, i.e. greenhorns. Local graziers and yokels will feel threatened by your presence for some reason and it's easier to be part of a group of 'greenies' or 'hippies' than one out, believe me. Councils usually compel developers to put in roads, access to blocks (culverts, gates), fences facing roads etc. Usually there is permission to build and Torrens Title. On the minus side, they are owned by people motivated by money and not compassion, so beware.

Whilst inspecting land, take a shovel or spade and dig holes in as many places as possible to check soil depth. Take blank labeled jars and take samples, writing the position from where the soil was taken on the label. Then have the soil analysed. Take a compass to check for a block with a North-Easterly aspect and the aspect of any possible house-sites. Pen and paper for notes because the more blocks you inspect, the harder it is to remember good and bad points on each block. You'll need to take \$100 or so as a holding deposit for when you find your land. Imagine looking for ages, finding what you want and someone else securing the block because they had a deposit and you didn't. Take your time with each block. It's amazing how good land can look from one position and how bad from another. If there is no river or creek, check out possible dam sites at the bottom of dry washes, etc. Fencing costs money, so the more the better. Types and numbers of trees are important. Stringybark and ironbark for fence posts. Only some pines are useful. I feel cleared pastures are best, with some untouched stands left. Clearing land is back-breaking work and bulldozers cost heaps, so I can't see the sense in buying virgin blocks when you're going to graze beasts. Also remember in mountain areas, high mountains to the west will block out about an hour of sun every day. (And you don't see beautiful sunsets.) I made that mistake when I chose my block.

So now you've chosen your block and paid the holding deposit. (Receipt required stating it's a holding deposit.) Go to your own solicitor armed with the block number and employ him to do the conveyancing. It'll amaze you how much easier things are from here on. The only trouble now is that the life of self-denial you have lived to save the deposit goes on for about three or four years before you can rest slightly on your laurels. Please remember not to put all your money down as deposit as the solicitor will want to be paid in cash and stamp duty must be paid.

Finally, if there are any GR people stuck in the city, please write to me because although I have many friends, they don't fully understand what I'm doing and I would love to hear from any like-minded people. I live by myself and have plenty of time to answer your letters. Please don't believe that buying a block of land is beyond you, because that's just not true. Good Luck.

Greg Reid

**12/306 Edgeware Rd
NEWTOWN 2042.**

Dear Fellow Readers,

My husband and I would like to correspond and meet with GR people around Australia. We live in the beautiful south coast region of NSW on a farm, and have been almost self-sufficient for many years. We have decided to travel to see Australia, hopefully leaving June or July, travelling north and continuing right around. We have set no time limit, and would love to meet with people, and perhaps stay a day or two in exchange for a helping hand. My husband has experience with tractors and small farm machinery and has a C class licence. We have farmed with dairy cattle and now have a small herd of beef cattle and grow vegetables for sale. We will be driving a station wagon and towing a caravan, so will only need space to park. We would appreciate any replies.

Edna Brook

**'Mimosa Farm'
Little Forest Road
MILTON 2538.**

Feedback Link-Up Feedback

Dear Folks,

I would like to correspond with anyone of like mind in the hope of creating a lasting relationship on equal terms. I have been farming now for about five years doing all aspects of farm life from agriculture, caring for dairy cows and goats to building fences and houses. I like the simple things in life and don't mind hard work. But I feel we should all take time to relax and take stock of our lives and the direction we are heading. In this present age we should respect each other's likes and dislikes but be strong enough to stand up for what we believe in. I will be returning to my bush abode in 1987 to take up my dream of caring for the land, to be as self-sufficient as practical, and to recover my self composure after 18 months of anxiety. It is great for the soul to wake in the morning with the birds singing in the trees and to look out of the windows at the world we live in. The farm was acquired five years ago and now has a house, shed, fenced paddocks and irrigation. There was once a veggie garden that has since been overgrown by weeds but with a bit of work and TLC could be resurrected. I am an easy going person who is tolerant of most people's beliefs but follow my own beliefs very strongly. I am a strict vegetarian eating no meat, fish or eggs. Do not drink or smoke although I used to, and love life, swimming, reading, listening to music and watching the flowers and animals grow. I wrote once before to GR but all the kind letters you wrote were stolen out of my car in a bag I had and were lost with my wallet. If you would like to respond I will reply to your letters as soon as possible. I love reading GR magazine, am 30 years old and a Leo for those interested.

Phil Parkes
107 Parkes Rd
COLLAROY PLATEAU 2098.

Hi Brothers and Sisters,

I would like to thank Ron Jonker and Rex McIntosh (GR58) for their truly wonderful compilations. Mankind does seek the truth. I myself have wandered all roads (occult, Krishna, books to a higher plane, and unknown), before the light shone on me. All philosophies seem great for a time. There's more freedom riding solo. Re: Alice Grigg (GR58) there seems to me, some question involved with the 'Christian' label. I once considered myself a vegetarian, Christian person, I now find myself, according to His Word a 'born-again' Christian (John 3). There is a difference (not just because I eat meat (see 1 Tim 4:3 and Col 2:16) basically, because Christian means: follower of Christ. (Read all New Testament — it answered my questions!)

Moving on: Hello to Juanita at Federal, you'll find good people through Lismore, Ballina and Murwillumbah AOG/CLC. It's great to be a part of a growing GR Christian family. Would readers have any Keith Green or Jarry tapes I could record? Being a impulsive adventurer, I'd love to hear from other thrill-seekers into touring Oz. I've heard of Christian bike groups in Qld — are there any in NSW? For loggers, greenies, butchers and people that have heart attacks over the crazy ways of this world — if you believe in the great maker of all, read His words about His planet (Col 3:2-4). Honestly — I'm not a religious nut — I have found, if love guides your life, all confusion and evil (spirits are real) is dead and gone. This may all sound pretty heavy duty — I suppose it is . . . Cheers (yes, I still drink!)

Andrea
C/- 33 Gilda St
NORTH RYDE 2113.

Dear Readers,

I read in GR 58 a method of killing rats and mice using cornflower and cement. WARNING . . . Cornflower attracts bees and if you have a hive of bees do NOT use this method as you could wipe out your hive.

J.A. Embleton
133 Fegen Drive
MOOROOKA 4105.



Dear Readers,

I have been studying economics for some time now, and have arrived at a few conclusions which may be of interest to readers of GR. Point one is that all the self styled experts do not have much of a clue. I write off Marx, Keynes, Shaw, Stretton, Galbraith and Friedman as being totally irrelevant. Henry George was well on track with his policy on land tenure; Yoshito Otani, with his 'Land, Problem and Solution' and 'The Money Problem and its Solution' stands miles high over his predecessors. In essence what eventuates is this: the problems of land and money are inextricably intertwined, but the answer is clear — the buying and selling of both land and money for profit have to be prohibited forever.

Second, the wages/prices spiral is not a cause of inflation but an end result. The real causes of inflation are: a. Government policy e.g. taxation on petrol (and beer) is 100 per cent inflationary; b. Capacity of banks to create credit/money (I'll prove these assertions any time, easily). Another end result of inflation is that the rich get richer and the poor increase in number . . . Now, Otani arrives at the conclusion that, in the end, rural re-settlement and hamlet development are the necessarily desirable results of economic reform; so too did Mahatma Gandhi, with his plea for land for the peasants and his emphasis on cottage industry; so too Schumacher, in *Small is Beautiful*. (By the way, the greatest experts on rural re-settlement and group titles in Australia are David and Barbara Camplin — remember their names!) All 'grass roots' people who are settling on the land, and battling to become self supporting, are forerunners and pioneers of what the world's foremost thinkers see as being vitally necessary (take a bow). But, by the way, don't believe for a moment that any government is going to grasp the nettle of land and monetary reform until driven to do so by catastrophic forces. Awareness comes first; now is the time to swot up on your economics.

S.O. Appleby
MS 316
NEERDIE 4570.

Hi There People,

At last I feel confident enough to write to you all with my tip. I have a small commercial orchard. I have used a successful fruit fly deterrent for the last four years. I was told about it by an old timer who had a stonefruit orchard and never used today's chemicals because they didn't exist. He didn't have fruit fly and I don't either! The magic formula is Protein hydrolysate (smells like vegemite) and Maldison or Lebaycid, but you do not spray. You splash it on: fence post, your shed, tree stump that's dead, piece of timber that props up heavy branch with fruit anywhere, but not on the fruit. Away from the fruit. You do that every six days. Use an old paint brush and bucket. Alternatively you can hang a jar with the mixture in each tree. Replace every six days or so, and don't let the rain in. If it rains, splash again. It doesn't take long. Early morning or in the cool of the evening. Nectarines are more prone to the fly so start splashing them one month before they're ripe. Quantities: ½ pint water to 20 ml protein, 10 ml Maldison (that is per tree). Litre, 4-gal bucket of water to 320 ml protein, 160 ml Maldison (approx. 24 trees). This is also good for tomatoes, and any other fruit prone to fruit fly. Anyone know something better than spraying for coddling moth? Hope you like splashing! Best of luck.

Lady Jane Orchard
PO Box 282
INVERELL 2360.

Dear Grass Roots,

Prince Charles suggested in 1982 that the British Medical Association set up a working party to examine the effectiveness of alternative therapies. Last May, after more than three years' work, the BMA published a report which can be read in the October 1986 *Illustrated London News*.

Alec Birmingham
51 Davey St
HOBART 7000.





gumnut gossip



Over the years we've made lots of little mistakes in GR despite gargantuan efforts to make everything perfect, but last issue contained one of our more significant efforts. Yes, the poetry picture was there on pages 60-61 looking interesting and meaningful but alas, the text was still residing in the paste-up, overlooked due to a communication mix-up on both our part and that of the staff at our new printers. Since publication we've been inundated with letters from frustrated poets and amused readers, on one hand demanding to know why their last offerings hadn't been used if we're as short of poetry as we appear to be, and on the other, offering with tongue in cheek their life's scribbles to overcome this tragic deficit. Ah, we may suffer deficits in all sorts of areas but *never* in this field, thank you. So poetry buffs, cease writing immediately. No more cryptic poems on blank spaces, no more rhyming couplets or dirty ditties, and definitely no more photocopies of *the* pages with a barrage of your verse tastefully typed up on it. Lisa and Kerry weren't sure whether to laugh or cry when they received the first one, and by now their humour is wearing thin.

Whilst I'm in good form laying down the law on no more this or that I should discuss Feedback. It's been slowly and insidiously building up over these last few months and we're finding we have far too many letters for each issue. And no sooner is one backlog absorbed than a sudden influx of mail leads to another. We've racked our brains and feel the most practical longterm answer lies in readers considering carefully the content of their letters and trying to keep them as simple and brief as possible. If they're all shorter everyone will get a turn. Failing that our only option is to prune them back, a practice we're often forced to do and which makes nervous wrecks of us; it's very difficult trying to edit out the unnecessary but still maintain the writer's 'feel' and intention. So please, if you are writing in, cut back on the content and express it as succinctly as possible.

Still on letters and mail, an incident occurred recently that was quite relevant to many readers and which the girls have urged me to mention. We received a letter from a distressed reader who had sent money off in response to an advert we carried but had received neither product nor an explanatory note. Could we, they asked, do something? The problem, we discovered when attempting to get back to them, was that they had not included either their postcode or state along with details of their address, and the postmark on the envelope was too indistinct to be of any help. As it happened the postcode book listed a town of the same name in three Australian states, so we had no sure way of reaching them. Without knowing all this it would have been very easy to condemn the advertiser and put all the responsibility on them but there is a strong likelihood they were faced with the same dilemma we were. Could we ask people to be watchful of this, and if you have an older friend, neighbour or member of the family, help them with the postcode system, it's something they may find complex. We spend a lot of time trying to decipher names and addresses and can appreciate the difficulties Australia Post must face. Illegible writing and inadequate addressing causes frustration and trouble all round.

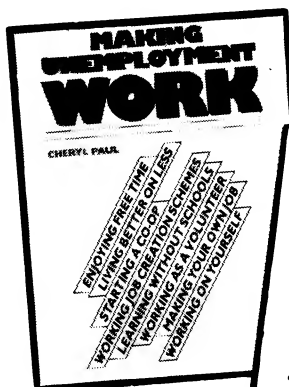
Everyone who works here spends a little time on the mail, processing the different requests and recording the details. It's a time-consuming, often frustrating job but the compensations of sharing snatches of others' lives, embracing different, challenging lifestyles, enjoying travelogues from those taking time off, together with the warmth and wishes make it worthwhile. But there is one occupational hazard associated with it — itchy feet! So no-one was surprised when a few weeks back Jenny suddenly announced she would be leaving to bus around Australia with her husband and

children. We like to think the time Jenny spent typing up articles and Feedback and processing letters exposed her to a wealth of interesting people and places around Australia and helped make this decision. We're certainly looking forward to receiving lots of postcards and travelogue trivia over the next few years.

The book publishing side of Night Owl has had to slow down a little this year as Kath, one of the key personnel has been away for some weeks with health problems. We accused her of using ill health as a subterfuge for wanting to read the pile of books by her bedside but she has assured us that whilst she did do a little reading she really was ill and had the hospital bill to prove it! It's lovely to have her back and hear the dry humour again and see her stoically fighting her way through the ceiling-high pile of letters and papers.

Naturally we've felt concerned that the rigours of work around deadline time might be too much too quickly so we were thrilled when Lynne rang one day to say she would be up in our area and did we need her for anything. Having an extra pair of hands and eyes at this time, especially an experienced pair is such a help so we jumped at the offer. This week has seemed almost like old times, especially so as Karen came in one morning with baby Gordon. A year ago both girls were flat out with work and nary a thought about babies. Lynne has tackled lots of the itsy-bitsy jobs and the only problem she has encountered is the difficulty in getting close to the paste-up bench. Blooming with health and a wonderful advertisement for pregnancy, she is due to give birth in about two months so we felt honoured to have been able to share some of her precious time before the busy life of mothering.

This magazine must be a landmark for us — the 60th issue we have produced! A lot of ground has been covered in that time; in our personal lives and philosophies, in those of our readers and in society generally. GR started at a time when health foods, conservation, alternative energy and schooling and even handicrafts were associated with eccentric, radical thinking people who if they couldn't be dismissed as cranks represented a threat to a conventional society. Much of what we take for granted now was unavailable then; wholemeal products, fruit juices, muesli, yoghurt, compost, non chemical insecticides, solar energy. What were once symbols of the counter culture are now commercially viable products entrenched in mainstream society. For people like you and me such changes represent inspiration and success. Success in that by sticking to our beliefs and living them, we've influenced and altered society's direction. We may often feel powerless as individuals but if the changes that have occurred in eating and living habits since GR commenced in 1973 are an indication, we're much more influential than we think. Who could have foreseen a health food section in a supermarket fourteen years ago, or articles on alternative philosophies in women's magazines, or towns desiring to extend their tourist appeal by taking on logos like 'solar city'. But there is still much work to be done, more educating, more working examples. The fact that so much has been achieved already is inspiring, encouraging. Egg farmers laughed at the thought of free range egg production a few years ago, but consumers created a demand and that demand is currently being met. We have to work out what is important to us in this world, and set about achieving it. There are many paths for change, including confrontation and force, but I urge you, we urge you, to realise your beliefs for a better world in the way that's right for you, but do it before it's too late, before critical legislation like that concerning the Plant Variety Rights is passed and closes one more door towards achieving an independent, healthy, peaceful lifestyle.



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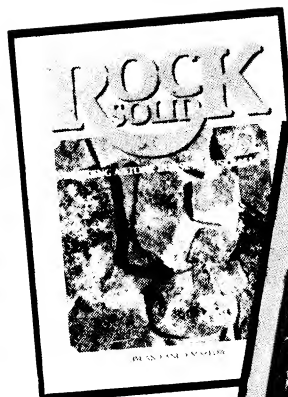


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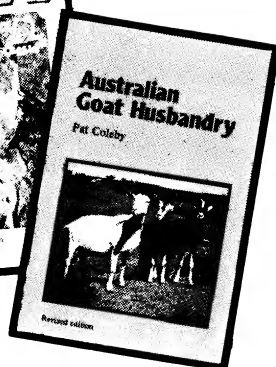


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